HENERETTA MARIA
Late Queen of England

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THE

Queens Closet OPENED.

Incomparable Secrets in Physick, Chyrugery, Preserving and Candying, &c.

Which were presented to the QUEEN:

By the most experienced Persons of the Times, many wherof were had in Esteem when she pleased to descend to private Recreations.

Corrected and Revived, with many new and large Additions: together with three exact Tables.

Vivit post Funera Virtus.

LONDON, Printed for *Obadiah Blagrave*, at the Sign of the Black Bear in St. *Pauls* Church-yard, 1679.

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TO THE

Ingenious & Courteous

READER.

READER,

IT being at first the general good which caused us to publish this useful and compleat piece, we could not choose but for the same end give it a new birth; especially when we heard that we had so well attained what we sought, in regard of the Benefit which so many have received

from theſe, which we ſhall now rather call *Experiments* than *Receipts* contained therein. In ſhort, we may ſay that it hath had a general Reception, travelling up and down the Kingdoms, and like the good *Samaritan* giving comfort to all it met; neither have we known of any that have bought it, who have not teſtified their high Eſteem thereof. And indeed, how ſhould it otherwiſe be, knowing out of what Elaboratories it was produced? Nor is it without its Variety; here preſerving the fruits of the Earth with ſuch a curious neatneſs, as if it would ſhew, that though Summer gave thoſe pleaſant fruits, yet that art is able to make Winter richer than her ſelf: or if this will not pleaſe, teaching you to furniſh the Tables of Princes, with ſuch a Grandezza as beſits them. But as for the Phyſical Part, what can be more noble than that which gives the Rich ſuch an opportunity of ſpending upon good works,

works, while they ſuccour the poor, and give comfort to them in their greateſt diſtreſſes. If we have given it too narrow a praiſe, (for too large an Encomium, I am ſure we cannnot attribute to it, conſidering its true value;) it is not what we intended though we are glad to ſee its own high deſerts; carrying it ſo much above the reach of a more than common Repute. 'Tis true there may be ſome faults, and thoſe may juſtly cauſe us to be blamed: but now we hope your Ingenuity will the rather forgive us and them, and with more diligence ſeek to amend what is amiſs, if not for our ſakes, yet out of Charity to a work which is ſo Charitable to your ſelves.

Farewel,

The Preſcribers and Approvers of moſt of theſe rare Receipts, their following names are in ſeveral Pages of this Book inſerted and annexed to their own experienced Receipts.

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The

THE QUEENS CABINET OPENED.

OR

The Pearl of Practice.

Accurate, Phyſical and Chyrurgical RECEIPTS.

Dr. Butlers *Preſervative againſt the Plague.*

TAke Wood Sorrel, and pick it from the ſtalk, and pound it very well in a ſtone Mortar; then take to every pound of beaten Sorrel a pound of Sugar finely beaten, and two ounces of Mithridate, beat them very well together, and put them in pots for your uſe; take every morning before and after the infection for ſome time together of this Conſerve, as much as a Walnut.

Dr.

Dr. Butlers *Cordial Water.*

TAke Pimpernel, Carduus, Angelica, Scordium, Scabious, Dragon, and ſtill theſe ſeverally in a Roſe-Still; and when you have a pint of the water of every of theſe ſorts of Herbs, then mingle all theſe together very well, and diſſolve in it half a pound of Venice Treacle, then ſtill all theſe together, and mingle the ſtronger water with the ſmall; ſix ſpoonfuls of this water made blood warm, given to one ſick of the Plague, driveth all venome from the heart. It is excellent, ſo uſed, for the ſmall Pox, or for any Peſtilent Feaver.

Dr. Butler's *Purging Ale.*

TAke of Sarſaparilla two ounces, of Polypody of the Oak, and Sena, of each four ounces, Carraway ſeed, and Aniſeed, of each half an ounce, Liquoriſh two ounces, Maidenhair, and Agrimony, of each one little handful, Scurvey half a buſhel; beat all theſe groſly, and put them into a courſe Canvas bag, and hang it into three gallons of ſtrong Ale; when it is three days old drink it.

Dr.

Dr. Giffords *Amber Pills for a Conſumption.*

TAke of Venice Turpentine one ounce waſhed, and ſix grains of the powder of white Amber, mix them together, and ſet them in a clean pot upon Embers, and let it not ſtand too hot; to try whether it be enough, take a drop, and let it cool; if after it is cold it be ſtiff, and will not cleave to the finger, it is enough: then take of the Powders of Pearl, White Amber, and Coral, of each a quantity, as a quarter of an ounce of the inner bark of an Oak, a quarter of an ounce of Cinnamon and Nutmegs, of each as much, and three ounces of hard white Sugar; make all theſe into a powder, and ſeeth them, and put the Pills into them; before you take them, you muſt be well purged, after which you muſt take three of the aforeſaid Pills wrapped up in the powder, what elſe you will, and in the morning take the yolk of a new laid Egg warmed a little, and put into it as much of the Powder as will lye on a ſhilling, and ſup it off; let this be uſed ſome time together, and there will be great benefit found by it.

To

To comfort the Heart and Spirits, and to suppress Melancholy.

TAke of the juyces of Borage and Bugloſs, of each one pint and a half, juyce of Pippins, or Queen Apples one pint, juyce of balm half a pint, claritie them, then take Cochenel made into powder four drams, infuſe it in the ſaid juyces being cold in an earthen pan for two dayes, ſtirring it often, then ſtrain it, and with four pound of powder Sugar (or two pound if you mean not to keep it long) boyl it to a Syrup, then take it off, and when it is almoſt cold, put to it Diamargaritum Frigidum one dram and a half, Diambra four ſcruples. Take thereof a ſpoonful or two for many mornings together, and when you awake in the night, if there be cauſe; you may alſo add to ſome part of it Saffron to make it more Cordial, by putting ſome powder of Saffron in a linnen cloth tyed up, and ſo milking it out into the ſyrup, let the ſubſtance thereof remain in the cloth, and take thereof ſometimes. *Approved.*

A Cordial Electuary for stuffing of the Stomach, or shortness of breath.

TAke a pint of the best Honey, set it on the fire, and scum it clean, then put to it a bundle of Hyssop bruised small before you tie it up; let it boyl well till the Honey taste of the Hyssop, then strain out the Honey very hard, and put to it the powder of Angelica Root, the weight of sixpence, powder of Elecampane root, the weight of six pence, Ginger, and Pepper, of each the weight of two-pence, Liquorish and Anniseed of each the weight of eight pence, all beaten very small severally: put all these into the strained Honey, and let them boyl a little space, stirring them well together all the time, then take them from the fire, and pour all into a clean gally-pot, stirring it always till it be through cold, and keep it close covered for your use. When any are troubled with stuffing at the stomach, or shortness of breath, let them take of this Electuary, with a bruised Liquorish stick, and they shall sensibly find much good by it. This was Queen *Elizabeths* Electuary for these infirmities.

Mr.

Mr. Covets *Medicine for the Palſie.*

TAke a pint of the ſtrongeſt Muſtard, ſet it in an Oven for two or three times, till it be as thick as a haſty pudding, the Oven muſt not be too hot to burn it: then ſet it on a chafindish of coles till it be dry enough to make into powder. Take half an ounce of Betony powder, and mix it with the ſaid powder, and ſweeten it with Sugar-candy to your taſte. Take of this every morning for ten dayes. *Approved.*

A Receipt to help Digeſtion.

TAke two quarts of ſmall Ale, put to it red Mints one handful, as much of red Sage, a little Cinamon; let it boyl ſoftly till half be waſted, ſweeten it with Sugar to your taſte, and drink thereof a draught Morning and Evening.

A ſingular Cordial.

TAke two ounces of dried red Gilly-flowers, and put them into a pottle of Sack, put to it three ounces of fine Sugar in powder, and half a ſcruple of Amber-greece

reece in powder; put all theſe in a ſtone ottle, ſtop it cloſe with a ſtrong cork, and ake it oft. After it hath ſtood ten dayes, aſs it through a Jelly bag, and give two or nree ſpoonfuls of it for a great Cordial. This way you may alſo make Lavender Vine for the Palſie, and other Diſeaſes.

Dr. Baſſa *an Italian. An approved Receipt to break the Stone in the Kidneys.*

IN the Month of *May* diſtill Cowdung, then take two live Hares, and ſtrangle hem in their blood; then take the one of hem, and put it into an earthen veſſel or ot, and cover it well with a mortar made f Horſedung and Hay, and bake it in an Oven with houſhold bread, and ſet it ſtill in n Oven two or three dayes, baking it anew vith any thing, untill the Hare be baked or lryed to powder; then beat it well, and keep it for your uſe. The other Hare you muſt flea, and take out the guts only; then liſtill all the reſt, and keep this water: then ake at the new and full of the Moon, or any other time, three mornings together as much of this powder as will lie on a ſixpence, with two ſpoonfuls of each water, and it will break any Stone in the Kidneys.

Dr.

Dr. Baſſa's *Remedy for a bloody Urine, or to Break a ſtone in the Bladder.*

TAke the water of diſtilled Saxifrage, Coriander, Parſley, and cod of Broom when they be green, the berries of white Thorn ſtilled when they be ripe; they muſt be ſtamped ſtones and all, and then diſtilled; the green hulls of Walnuts when they be ripe ſtilled, Raiſins of the Sun ſtilled; every one of theſe waters muſt be ſtilled by it ſelf. Then take an equal quantity of each, as a pint of *Aqua ſpirita*; put them all together, and ſtill them in an ordinary ſtill, or in *B.* after ſcum the water nine or ten days: and take of this water for ten or fifteen dayes, five or ſix ſpoonfuls at a time in the morning faſting, and uſe to take it after a day or two once in a mouth.

Syrup of Turnips.

FIrſt bake the Turnips in a pot with houſhold-bread, then preſs out the Liquor between two platters; put a pint of this Liquor to half a pint of Hyſop-water, and as much brown Sugar-candy as will ſweeten it; and boyl it to the conſiſtence of

f a Syrup. It is very good for a Cold or Conſumption.

Syrup of Citron peels.

TAke the outermoſt freſh peels of Citrons cut in ſmall pieces, and pour n them two quarts of water, then wring t through a cloth; put to the Liquor one ound of powder Sugar, boyl it to a Syrup, nd when it is ſodden, put four grains of Musk to it, diſſolved in Damask Roſe-water. This Syrup cooleth not. It defendeth from he Plague.

A Cordial Syrup to cleanſe the blood, open Obſtructions, prevent a Conſumption, &c.

TAke Roſemary flowers, Betony, Clove-gilly-flowers, Borrage, Broom, Cowlip flowers, red Roſe leaves, Melilot, Comfrey, Clary, Pimpernel-flowers, of each two ounces, red Currans four pounds: infuſe all theſe into ſix quarts of Claret Wine, put to it fourteen pound of ripe Elder-berries, make the Wine ſcalding hot, then put in the flowers, Currans, and Elder-berries, cover the pot, and paſte it very cloſe, ſet it in a Kettle of warm water to infuſe forty eight

eight hours, till the vertue of the ingredients be all drawn out, then preſs it out hard, and put to every pint of the liquor one pound and three quarters of powder ſugar, boyl and ſcum it till you find the ſyrup thick enough; when it is cold, bottle it, and keep it for your uſe. Take two ſpoonfuls in a morning, and ſo much in the afternoon, faſting two hours after it.

A Medicine for a Dropſie, approved by the Lady Hobby, *who was cured her ſelf by it.*

TAke Caraways, Smallage, Thime, Hyſop, Watercreſſes, Pennyroyal, Nettle tops, Calamint, Elecampane roots, of each one little handful, Horſe-raddiſh two pounds, boyl them in ſix quarts of running water, untill half be conſumed: then ſtrain it, boyl it anew with a pottle of Canary Sack, Liquoriſh twelve ounces, ſweet Fennel-ſeed one ounce bruiſed, and a quarter of an ounce of Cummin-ſeed bruiſed; boyl all theſe above half an hour, then ſtrain it, and keep it for your uſe, nine ſpoonfuls in the morning faſting, and as much at three or four a clock in the afternoon, uſe it for ſome time together. This the Lady *Hobby* proved by her ſelf. *Dr.*

Dr. Adrian Gilberts *moſt Soveraign Cordial Water.*

TAke Spearmint, Broom-mint, Mother of Thime, the bloſſom tops of Garden-Thime, red Penny-royal, Scabious, Celandine, Wood-ſorrel, Wood-Betony, Angelica leaves and ſtalks, Set-Wall leaves, Peony leaves, Egrimony, Tormentil, ſweet Marjoram, red Sage, Rue, Roſſolis, Angelica roots, Elecampany roots, Set-Wall roots, green Pennyroyal, Comfrey bloſſoms and leaves, Juniper berries, of each a pound; Balm, Carduus Benedictus, Dragon, Feaverfew, Wormwood, of each two pounds; ſteep all theſe in the lees of ſtrong pure venient Clarret wine for nine dayes, every day twice turning them to mingle them well in the Lees, then diſtill them in a Limbeck with a read clear head, with two pound of ſhaved Harts-horn, and Ivory, twelve ounces; draw as long of it as you may in ſeveral pottle glaſſes: the firſt is accounted the beſt and uncompounded, and the perfecteſt againſt the Plague, ſpotted Feavers, and ſmall Pox, ordinary Feavers, divers times experienced by my ſelf, either to prevent, or in the time of theſe ſickneſſes. If you will

will compound it becauſe the water hath an ill taſte, then take the firſt gallon of the water, and mix it with a pottle of the beſt Malaga Sack, and put into them three pounds of Raiſins ſolis ſtoned, Figs one pound and a half, the flowers of Clove-gilly-flowers, Cowſlips and Marigolds, blue Violets, of each two pound, red Roſe-buds one pound, Ambergreece, Bezoar ſtone, clarified Sugar, Anniſeeds, Liquoriſh, and what elſe you pleaſe.

Theſe are *Adrian Gilberts* Receipts, having had experience of them moſt conſtantly ſure. The uncompounded Water is the more excellent: and if in time of infection one take two ſpoonfuls of it in good Beer or white-Wine he may ſafely walk from danger by the leave of God. If any of the former Diſeaſes attach any perſon, then he muſt take four ounces of the firſt water, and mix therewith either the Syrups of Violets, Clove-gilly-flowers, or Angelica, as the Diſeaſe is: one ſpoonful of the Syrup is ſufficient for four ouncess of the water. So take it three time.

For

For a swoln face.

TAke Oyl of Elder and Plantain water, of each one ounce, beat them well together, untill they be exactly incorporated, and therewith anoint the tumified place twice or thrice in a day untill the swelling be chased away.

Cock-water for a consumption.

TAke a running Cock, pull him alive, then kill him, cut him abroad by the back, take out the entrails and wipe him clean, then quarter him and break his bones; then put him into a Rose-water still with a pottle of Sack, Currans, and Raisins of the Sun stoned, and figs sliced, of each one pound, Dates stoned and cut small half a pound, Rosemary flowers, wild Time, Spearmint of each one handful, Organs or wild Marjoram, Bugelos, Pimpinel, of each two handfuls, and a pottle of new milk from a red Cow. Distill these with a soft fire, put into the Receiver a quarter of a pound of brown Sugarcandy beaten small, four grains of Amber-greece, forty grains of prepared Pearl, and half a book of leaf

gold cut very ſmall; you muſt mingle th ſtrong water with the ſmall, and let the Pa tient take two ſpoonfuls of it in the morning and as much at going to bed.

A precious Cordial for a ſick Body.

TAke three ſpoonfuls of Mint-water, and as much of Muskadine and worm wood water, two or three ſpoonfuls of fine Sugar, and two or three drops of Cinnamon ſpirit; beat theſe well together with two or three ſpoonfuls of Clove-gilly-flowers ſpirit, and give the Patient now and then one ſpoonful thereof; eſpecially when he or ſhe goeth to bed.

Wormwood Cakes goood for a cold ſtomach, and to help Digeſtion.

TAke pure ſearced Sugar two ounces and wet it with the Spirit of Wormwood; then take a little Gum Tragacanth and ſteep it all night in Roſe-water, then take ſome of this and the wet Sugar and beat them together in an Alablaſter Mortar till it come to a paſte like dough, if you pleaſe put a little Musk to it, then make it up in little cakes of the breadth of a groat or three-

three-pence; lay them upon plates, and dry them gently in an Oven, and keep them in a dry place for your uſe: and upon occaſion hold one of them in your mouth to melt, and ſwallow the diſſolved juyce thereof for the infirmities aforeſaid.

To make water of life.

TAke Balm-leaves and ſtalks, Burnet-leaves and flowers, Roſe-mary, red Sage, Taragon, Tormentil-leaves, Ros ſolis, red Roſes, Carnation, Hyſop, Thyme, red ſtrings that grow upon Savory, red Fennel-leaves and roots, red Mints, of each one handful; bruiſe theſe Herbs and put them in a great earthen pot, and pour on them as much white-wine as will cover them, ſtop them cloſe, and let them ſteep for eight or nine dayes, then put to it Cinnamon, Ginger, Angelica-ſeeds, Cloves and Nutmegs, of each one ounce, a little Saffron, Sugar, one pound, Raiſins *Solis* ſtoned one pound, Dates ſtoned and ſliced half a pound, the loins and legs of an old Coney, a fleſhy running Capon, the red fleſh of the ſinews of a Leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a loaf of white-bread cut in ſops, and two or

three ounces of Mithridate or Treacle, and as much Baſtard or Muſcadine as will cover them all, diſtill all with a moderate fire and keep the firſt and ſecond waters by themſelves; and when there comes no more by diſtilling, put more Wine into the Pot upon the ſame ſtuff and diſtill it again and you ſhall have another good water. This water muſt be kept in a double glaſs cloſe ſtopped very carefully. It is good againſt many infirmities, as the Dropſie, Palſie, Ague, Sweating, Spleen, Worms, Yellow and Black Jaundies; it ſtrengthneth the Spirits, Brain, Heart, Liver and Stomach. Take two or three ſpoonfuls when need is by it ſelf: or with Ale, Beer, or Wine mingled with Sugar.

Dr. Atkinſon *his excellent perfume againſt the Plague.*

TAke Angelica roots and dry them a very little in an Oven, or by the fire and then bruiſe them very ſoft, and lay them in Wine-Vinegar to ſteep, being cloſe covered three or four dayes, and then heat a brick hot and lay the ſame thereon every morning, this is excellent to air the houſe or any cloaths, or to breath over in the morning faſting.

To

To make a Saffron water.

TAke seven quarts of white-wine, and infuse in it all night one ounce of Saffron dryed, and in the morning distill it in a Limbeck or glass body with a head and put some white Sugar-candy finely beaten into the receiver for it to drop on.

Mr. Stepkins *Water for the Eyes.*

TAke four ounces of white Rose-water, and two drams of Tutia, in powder, shake them well together in a glass vial, and drop of it a little into the eyes evening and morning it is very good for any hot Rheum.

A precious water to revive the Spirits.

TAke four Gallons of strong Ale, five ounces of Annise-seeds, Liquorish scraped, half a pound, sweet Mints, Angelica, Betony, Cow-slip flowers, Sage, and Rosemary flowers, sweet Marjoram, of each three handfuls, Pelitory of the wall one handful. After it is for two or three dayes, distill it in a Limbeck, and in the water infuse one handful of the flowers aforesaid, Cinnamon and Fennel seed, of each half an ounce, Juniper berries, bruised one dram,

Red-Roſe-buds, roaſted Apples, and Dates ſliced and ſtoned, of each half a pound: diſtill it again and ſweeten it with ſome Sugar-Candy, and take of Ambergreece, Pearl, red Coral, Harts-horn powdered, and leaf-gold, of each half a dram; put them into a fine linnen bag, and hang it by a thread in a glaſs.

The Biſhop of Worceſters *admirably curing Powder.*

TAke black tips of Crabs claws when the Sun enters into *Cancer*, which is every year on the eleventh day of *June*; pick and waſh them clean, and beat them into fine powder, which finely ſearce, then take Muſk and Civet, of each three grains, Amber-greece twelve grains, rub them in the bottom of the Mortar, and then beat them and the powder of the Claws together; then with a pound of this powder mix one ounce of the magiſtery of Pearl. Then take ten skins of Adders, or Snakes, or Slow-worms, cut them in pieces, and put them into a pipkin to a pint and a half of Spring-water, cover it cloſe, and ſet it on a gentle fire to ſimmer only, not to boyl; for ten or twelve hours, in which time it will be turned into a Jelly, and therewith make the

the ſaid powder into balls. If ſuch skins are not to be gotten, then take ſix ounces of ſhaved Harts-horn, and boyl it to a jelly, and therewith make the ſaid powder into balls; the horn muſt be of a red Deer killed in *Auguſt*, when the Moon is in *Leo*, for that is beſt. The Doſe is ſeven or eight grains in beer or wine.

To make Spirit of Caſtoreum.

TAke Calamints four ounces, Orange-peels two ounces, Nep half a handfull, Walnut-bloſſoms half an ounce, Roſe-mary flowers and tops of Sage, of each one handful, Caſtoreum one ounce, White-wine one quart; diſtill them in a Limbeck. This water is good for ſwounding fits, weak ſtomachs and riſing of the Mother.

A water for the Stone.

TAke a quart of clean pick'd Strawberries, put them in a glaſs, pour on them a quart of Aquavitæ, let them ſtand and ſteep; and take two or three ſpoonfuls of it morning and evening with fine Sugar, or white-ſugar-candy. It will keep all the year. *Approved.*

To

To make Doctor Stephens *Water.*

TAke a Gallon of Clarret-wine or Sack, Cinamon, Ginger, Grains of Paradiſe, Galingale, Nutmegs, Anniſe-ſeed and Fennel ſeed, of each three drams. Sage, Mint, red Roſes, Pellitory of the Wall, Wild Marjoram, Roſemary, Wild Time, Camomile, Lavenders of each one handful: bruiſe the the ſaid ſpices ſmall, cut and bruiſe the Herbs and put all into the Wine in a Limbeck, and after it hath ſtood twenty four hours, diſtill it gently, and keep the firſt water by it ſelf, and ſo the ſecond.

For a Tettar.

TAke water of red Tar, and waſh it there with. This is an approved remedy.

A ſpecial Water for a Conſumption.

TAke a peck of Garden ſhell Snails, waſh them in ſmall Beer, put them into a great Iron dripping pan and ſet them on the hot fire of Char-coals, and keep them conſtantly ſtirring till they make no noiſe at all

all; then with a knife and cloath p'ck them out, and wipe them clean, then bruiſe them in a ſtone-mortar ſhells and all; then take a quart of Earth-worms, rip them up with a knife, and ſcour them with ſalt, and waſh them clean and beat them in the Morter, then take a large clean braſs pot to diſtill them in, put into it two handfuls of Angelica, on them lay two handfuls of Celandine, a quart of Roſemary flowers, Betony and Agrimony, of each two handfuls, Bears foot, red dock leaves, the bark of Barberries and wood-ſorrel, of each one handful, Rice half a handful, Fenugreek and Turmerick, of each one ounce, Saffron dryed and beaten into powder the weight of ſix pence, Harts-horn and Cloves beaten, of each three ounces; when all theſe are in the pot, put the Snails and Worms upon them, and then pour on them three gallons of ſtrong Ale; then ſet on the Limbeck, and paſte it cloſe with Rye dough that no Air come out or get in, and ſo let it ſtand one and twenty hours, and diſtill it with a moderate fire, and receive the ſeveral quarts in ſeveral glaſſes cloſe ſtopt. The patient muſt take every morning faſting; and not ſleep after it, two ſpoonfuls of the ſtrongeſt water, and four

ſpoonfuls

ſpoonfuls of the weakeſt at one time, faſting two hours after it.

Syrup of Pearmains good againſt Melancholy.

TAke one Pound of the juyce of Pearmains, boyl it with a ſoft fire till half be conſumed; then put it in a glaſs, and there let it ſtand till it be ſetled, and put to it as much of the juyce of the leaves and roots of Borrage, Sugar half a pound, ſirrup of Citrons three ounces, let them boyl together to the conſiſtence of a Syrup.

Tincture of Amber-greece.

PUT into half a pint of pure ſpirit of Wine in a ſtrong glaſs. Amber-greece, one ounce, Muſk two drams, ſtop the glaſs cloſe with a cork and bladder, and ſet it in hot hórſe-dung twelve dayes; then pour off the ſpirit gently, and put as much new ſpirit on, and do as before, and pour it off clean: after all this the Ambergreece will ſerve for ordinary uſes. One drop of this Tincture will perfume any thing, beſides it is a great Cordial.

Doctor

Doctor Price *and Mr.* Fenton *the Chirurgions, their excellent Medicine for the Plague after Infection.*

TAke as soon as you find your self sick, as much Diascordium, as the weight of a shilling, with ten grains of the Powder called *Species de gemmis*, well mingled together; and strait after this let the party drink a good draught of hot posset Ale made with Carduus Benedictus, Sorrel, Scabiosa, and Scordium, within eight hours after the first taking of it, the party must take the Diascordium and Posset again as aforesaid, and in like sort the third time within eight hours after, but not above three times, nor the third time, if the party mend after the first or second taking, Doctor *Price* doth commend much thereof to be taken for the kind of cure for the Plague after one is infected: and Mr. *Fenton* the excellent Chirurgion, who hath much experience in the cure of the Plague, doth highly commend it as a thing in his own experience proved very good. The use of a root called Sedour is to be chewed in the mouth, still when one is in the company of such persons as are thought to be infected with the contagion: this

this root is to be bought at the Apothecaries.

A Drink for the Plague or Peſtilent Feaver, proved by the Counteſs of Arundel, *in the Year*, 1603.

TAke a pint of Malmſey, and burn it, and put thereto a ſpoonful of grains, being bruiſed, and take four ſpoonfuls of the ſame in a Porringer, and put therein a ſpoonful of Jean Treacle, and give the Patient to drink as hot as he can ſuffer it, and let him drink a draught of the Malmſey after it, and ſo ſweat: if he be vehemently infected he will bring the Medicine up again; but you muſt apply the ſame very often day and night till he brook it; for ſo long as he doth bring it up again there is danger of him: but if he once brook it, there is no doubt of his recovery by the Grace of God: provided then when the party infected hath taken the aforeſaid Medicine and ſweateth, if he bring it up again then you muſt give him the aforeſaid quantity of Malmſey and grains, but no Treacle, for it will be too hot for him, being in a ſweat. This Medicine is proved, and the party

party hath recovered, and the sheets have been found full of blew marks, and no sore hath come forth; this being taken in the beginning of the sickness. Also this medicine saved thirty eight Commons of *Windsor* the last great Plague, 1593. was proved upon many poor people, and they recovered.

A Syrrup for a Cold.

TAke Pennyroyal half an ounce, Raisins of the Sun stoned one ounce, half so much Liquorish bruised, boyl them in a pint of running water, till half be consumed; then strain it out hard, and with Sugar boyl it to a pretty thick Syrup, and take it with a Liquorish stick. *Often proved.*

An excellent Receipt for a precious Water.

TAke a pottle of the second water of Aqua-Composita, of Balm, Betony, Pellitory of the wall, sweet marjoram, the flowers of Cowslip, Rosemary and Sage, of each one handful, the seeds of Annise, Caraway, Coriander, Fennel, and Gromel and Juniper berries of each one spoon-

ſpoonful, three or four Nutmegs, Cinnamon one ounce, two or three large Maces; bruiſe all theſe, and let them lye ten dayes in ſteep in the Aqua-Compoſita; ſet the Glaſs in the Sun and ſtirr it well every morning, then ſtrain it and put to it three quarters of a pound of fine Sugar, one grain of Ambergreece, and two grains of Musk.

To make an excellent Syrup of Citrons or Lemons without fire.

TAke Citrons or Lemons, as many as you will, pare off their rinds, then ſlice them very thin; then put into a ſilver or glaſs baſon, a thick lay of fine Sugar, and upon that the ſlices of Citron or Lemons, and lay after it a lay of Sugar, and the other till the baſon be near full, let it ſtand all night covered with a paper, the next day pour off the liquor into a glaſs through a Tiffany ſtrainer; be ſure you put Sugar enough to them at the firſt, and it will keep a whole year good if it be ſet well up.

A Salve for the Eyes made by Sir Edward Spencer.

TAke new Hogs greaſe tryed and clarified two ounces, ſteep it ſix hours in red Roſe-water, after waſh it in the beſt white-wine, wherein Lapis Calaminaris hath been twelve times quenched: it will take a pottle of white-wine, for the Lapis Calaminaris will waſte it by often quenching, a piece of the Lapis as big a a Turkey Egg will ſerve; when the greaſe is well waſhed, add to it one ounce of Lapis Tutia prepared, of Lapis Hematites well waſhed, two ſcruples, Aloes Succotrina, twelve grains, Pearl four grains; all theſe muſt be prepared and made into fine powder, put to it ſome red Fennel-water, and make it into Salve. If the eyes be very ill, put into each corner of them as much as a pins head of this Salve; and if the eyes be exceeding ſore, anoint therewith only the eye-lids. As the Salve dryeth put to it red Fennelwater to keep it moiſt.

For the ſmall Pox or Meaſels.

TAke an ounce of Treacle, half an ounce of ſetwall cut ſmall, a pennyworth of Saffron ground ſmall; mix them, and take thereof in a morning upon a knifes point as much as you can take up at twice or thrice three morning together.

A very good Glyſter for the Wind.

TAke Mallow-leaves, Camomile, Mercury, Pelitory of the wall, Mugwort and Penyroyal, of each a ſmall handful, Melilot and Camomile flowers, of each half a handful, of the ſeeds of Anniſe, Caraway Cummin and Fennel, of each one quarter of an ounce, Barberries and Juniper berries, of each three drams; boyl all theſe in three pints of clear poſſet ale to twelve ounces and uſe it warm.

The Kings Medicine for the Plague.

TAke a little handful of Herb grace, as much of Sage, the like quantity of Elder

Elder leaves, as much of red bramble leaves, ſtamp them together, and ſtrain them through a fair linnen cloath, with a quart of white-wine, and a quantity of white wine vinegar, and a quantity of white Ginger, and mingle all together; after the firſt day you ſhall be ſafe four and twenty dayes: after the ninth day a whole year by the grace of God; and if it fortune that one be ſtricken with the Plague before he hath drunk the Medicine, then take the aforeſaid with a ſpoonful of Scabioſa, and a ſpoonful of Bettony-water, and a quantity of fine Treacle, and put them together, and cauſe the Patient to drink it, and it will put out all venome, and if it fortune that the botch appear, take the leaves of red Brambles, Elder leaves, and Muſtard-ſeeds, ſtamp them together, and make a plaiſter thereof, and lay it to the ſore, and it will draw out all the venome, and the perſon ſhall be whole by the grace of God.

A Medicine for the Plague which the Lord Mayor had from the Queen.

TAke of Sage, Elder, and red Bramble leaves, of each one little handful; ſtamp

ſtamp and ſtrain them together through a cloath with a quart of White-wine, then take a quantity of White-wine-vinegar, and mingle them together; and drink thereof morning and night a ſpoonful at a time nine dayes together and you ſhall be whole. There is no medicine more excellent than this, when the ſore doth appear, then take a Cock-chick and pull it; and let the Rump be bare, and hold the Rump of the ſaid Chick to the ſore, and it will gape and labour for life, and in the end die; then take another, and the third, and ſo long as any one do dye; for when the Poyſon is quite drawn out, the Chick will live, the ſore preſently will aſſwage, and the party recover. Mr. *Winlour* proved this upon one of his own Children; the thirteenth Chick dyed, the fourteen lived, and the party cured.

Lord-Treaſurers Receipt for an Ague.

TAke a quantity of Plantain, ſhred it, and double diſtill it, and take ſix or eight ſpoonfuls of the water, with as much Borage-water, with a little Sugar, and one Nutmeg; and drink it warm in the cold fit, by Gods help it will cure you.

For

For Rheum in the Eyes.

TAke one ſpoonful of Cumminſeed finely beaten, and boyl it in Verjuyce till alf be conſumed, put to it ſome courſe what bran; and boyl it till it be dry, then ut it in a ſmall linnen bag, and lay it to he nape of the neck ſo hot as you can endure , and it will draw the Rheum away.

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o break the Stone and bring away the Gravel.

TAke the inner bark of a red Filberd-tree, and ſhave a good handful of it, nd take as much Saxifrage, and ſteep them n a quart of Ale or White-wine, and drink good draught thereof nine mornings toge-her faſting.

A Cordial Water in the time of infection, by Sir Thomas Mayner.

TAke the juyce of green Walnuts ſhells and all two pound, the juyces of Balm, Carduus Benedictus, and Marigolds, of

of each three pound, Roots of great Docks half a pound, Butchers broom roots and all, thee quarters of a pound, angelica and Maſter-wort, of each three ounces, Scordium leaves two handfuls, Treacle Venice and Mithridate, of each for ounces, Canary Wine three pints, juyce of Lemons one pint, digeſt this in a glaſs body two dayes cloſe ſtopt, then put on a glaſs head and diſtill it, and when it is half diſtilled ſtrain that which is left in the glaſs, through a linnen cloath, and diſtill it till it grow thick as honey, which put into a gally-pot, and give ſome of it in the time of infection on a knives point. The diſtilled water is alſo good for the ſame purpoſe.

China broth for a Conſumption.

TAke an ounce of China root chipped thin, and ſteep it in three pints of water all night on embers covered, the next day take a cock-chicken deplumed and exenterated, and put in its belly Agrimony, Maiden-hair, of each half a handful, Raiſins of the Sun ſtoned one good handful, and as much French barley; boyl all theſe in a pipkin cloſe covered on a gentle fire for ſix or ſeven

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l comfortable bag for the ſtomach.

e Balm, Worm-wood, Roſemary, pearmints, ſweet Marjoram, Winter- of each half a handful, dry them be- two diſhes on a Chafing-diſh of coals, ling them often with good Vinegar, hey are well dryed put to them ſome s of bread; Cloves, Cinnamon and g beaten to powder; put them in a nen bag, quilt it, and lay it warm to mach.

To increaſe Womens Milk.

uiſe Fennel ſeed and boyl them in arley water, and let the Woman rink thereof often.

To

To expell Wind.

TAke a handful of Groundſwel ſtripped downwards, as much of Sage, and a quarter of a pound of Currans; boyl theſe in a pint of Ale, and drink it.

For the Piles.

TAke white Lead finely ſcraped, one dram, burnt-Allum two drams, temper them with Hogs-lard, and Plantain-water, and therewith anoint the grieved place.

For a Thruſh, or Canker in the Mouth.

TAke two ſpoonfuls of clarified honey, and put a piece of Allum between red hot tongs and hold it till it drop into the Honey, and therewith dreſs the mouth often, untill it be perfectly cured.

A green Oyntment good for bruiſes, Swellings, and Wrenches in Man, Horſe, or other Beaſts.

TAke ſix pound of May-Butter unſalted, Oyl of Olive one quart, Barrows-greaſe four pound, Roſin, and Turpentine, of each one pound, Frankincenſe half a pound: then take theſe following herbs, of each one handful: Balm, Smallage, Lovage, red Sage, Lavender, Cotton, Marjoram, Roſe-mary, Mallows, Camomile, Plantain, All-heal, Chick-weed, Rue, Parſley, Comfrey, Laurel-leaves, Birch-leaves, Long-wort; Engliſh Tobacco, Ground-ſwell, Wound-wort, Agrimony, Briony, Carduus Benedictus, Betony, Adders tongue, Saint Johns-wort; pick all theſe, wath them clean, and ſtrain the water clean from them. Theſe herbs muſt be gathered after Sun-riſing. Stamp them very ſmall in a ſtone Mortar, then beat the Roſin and Frankincenſe to powder, and melt them alone; then put in the Oyl, Butter, and Hoggs-greaſe, and when all is well melted, put in the Herbs, and let them boyl half a quarter of an hour: then take it off the fire, and ſcum it very clean a quarter of an hour, and when

when it is off the fire, put in the Turpentine, and two ounces of Verdigreaſe, ſtir it well, or elſe it will run over, and ſo ſtir it till it leave boyling; then put it in an earthen pot, which ſtop very cloſe with a cloath, and a board on the top, and ſet in an horſe dunghill one and twenty dayes; and take it out and put it into a Kettle, and let it boyl a little, taking heed that it boyl not over, then ſtrain it through a courſe cloath, and put to it half a pound of Oyl of Spike, and cover the pot cloſe till you uſe it. When you have any occaſion to uſe it, warm it a little for a cold cauſe, and anoint the place grieved. Mix this Oyl with the like quantity of the Oyl of Bayes, when it is for a Melander in a Horſe, or dry Itch in a Horſe or Mare; then take Quickſilver, and beat it often with faſting ſpittle till it be killed and look black, and take a quart of Comfrey to the quantity of Quickſilver, to which put thrice ſo much of the ſaid Oyl, beat all well together, and uſe it. For a Man it muſt be well chafed in the Palm of the hand three or four times. If you uſe it for a Horſe, put to it Brimſtone finely beaten, and work it altogether as aforeſaid.

An

An excellent Searcloath for a Wound, Bruiſe, or Ache.

TAke a pint of Oyl Olive, four ounces of unguentum Populeon, the Oyls of Camomile and Roſes, of each one ounce, Virgins wax three ounces, red Lead in powder eight ounces; boyl theſe together, continually ſtirring them, till they will ſtick to a cloath, which is enough, then wet your cloths in them, and hang them up to dry. The beſt time to make it is in *March*.

Doctor Reads *Perfume to ſmell againſt the Plague.*

FIrſt take half a pint of red Roſe-water and put thereto the quantity of a hazel nut of Venice-Treacle or Mithridate, ſtirring them together till they be well infuſed, then put thereto a quarter of an ounce of Cinnamon broken into ſmall pieces, and bruiſed in a Mortar, twelve Cloves bruiſed, the quantity of an hazel nut of Angelica root ſliced very thin, as much of ſet wall roots ſliced, three or four ſpoonfuls of white-Wine Vinegar; ſo put them all

 together,

together in a glaſs, and ſtop it very cloſe, and ſhake it two or three times a day together, ſo keep it to your uſe; when you wet the ſpunge, ſhake the glaſs: in the Winter you may put to it three or four ſpoonfuls of Cinnamon water or Sack.

A Perfume againſt the Plague.

DIvers good Phyſitians opinions are, that to burn Tar every morning in a chafing diſh of coals is moſt excellent againſt the Plague; alſo put in a little Wine-Vinegar to the Tar. It is moſt excellent and approved.

Sir Edward Tertils *Salve, called the chief of all Salves.*

TAke Roſin eight ounces, Virgins Wax and Frankincenſe, of each four ounces, Maſtick one ounce, Harts ſuet four ounces, Camphire two Drams, beat the Roſin, Maſtick, and Frankincenſe in a Mortar together to fine powder; then melt the Roſin and Wax together, then put in the powders: and when they are well melted ſtrain it

it through a cloath into a pottle of white Wine, and boyl it together till it be somewhat thick; then let it cool, and put in the Camphire and four ounces of Venice Turpentine drop by drop, lest it clumper, stirring it continually, then make it up into Rolls, and do with it to the pleasure of God, and health of man.

The Vertues and use of it.

1. IT is good for all wounds and sores, old or new, in any place.

2. It cleanseth all Festers in the flesh, and heals more in nine days than other salves cure in a moneth.

3. It suffers no dead flesh to ingender or abide where it comes.

4. It cureth the Head-ach, rubbing the Temples therewith.

5. It cureth a salt fleam Face.

6. It helpeth Sinews that grow stiff, or spring with labour, or wax dry for want of blood.

7. It draweth out rusty Iron, Arrow heads, Stubs, Splints, Thorns, or whatsoever is fixed in the flesh or wound.

8. It cureth the biting of a mad Dog, or

pricking of any venemous creatures.

9. It cureth all Felons, or white-flaws.

10. It is good for all feſtering Cankers.

11. It helpeth all Aches of the Liver, Spleen, Kidneys, Back, Sides, Arms or Legs.

12. It cureth Biles, Blanes, Botches, Impoſthumes, Swellings, and Tumors in any part of the body.

13. It helpeth all aches and pains of the Genitors in Man or Woman.

14. It cureth Scabs, Itch, Wrenches, Sprains, Strains, Gouts, Palſies, Dropſies, and waters between the fleſh and skin.

15. It healeth the Hemorrhoids or Piles in Man or Woman.

16. It cureth the bloody-Flux, if the belly be anointed therewith.

17. Make a Search-cloth thereof to heal all the aboveſaid Maladies, with very many other, which for brevity ſake are omitted.

A reſtorative Broth.

TAke a young Cock or Capon, flea it. and cut in four quarters, take it out the bones, and chop the fleſh ſomewhat ſmall

ſmall, put it in an earthen pot of three quarts, with a cloſe cover, and pour on it a quart of good red wine, and a pint of red Roſe-water; and put to one handful of Currans, ten Dates ſtoned and cut ſmall, of Roſemary flowers or leaves, and Borage, of each half a handful, then cloſe on the cover of the Pot very faſt, and ſet the ſaid pot in a big braſs pot of water, and let it boyl five or ſix hours, taking heed that the water in the braſs pot get not into the other pot: when it is well boyled, let it cool leiſurely, in the braſs pot, and then bruiſe all with a ladle and ſtrain out the liquor, whereof take morning and evening four or five ſpoonfuls blood warm.

For the Piles.

TAke one ſpoonful of white Dogsturd as much white Frankincenſe, and twenty four grains of Aloes, beat them fine and ſearce them, then take one ſpoonful of honey, the yolk of an Egge, and as much Oyl of Roſes as will make it an oyntment, mingle them well together and anoynt the grieved place; if the ſore be inward, wet a tent of lint in the Oyntment,

and put it into the Fundament, and ſpread ſome of the Oyntments on a cloath, and put that on it. This is a preſent Remedy.

For a ſore throat.

MIngle burnt Allum, the yolk of an Egg, powder of white dogs turd, and ſome Honey together; tye a clout on the end of a ſtick wet in this mixture, and therewith rub the Throat: or mix white Dogs turd and Honey, ſpread it on ſheeps leather, and apply it to the Throat.

To void Phlegm from the Head, Lungs, or Stomach.

MIX Pelitory roots and Muſtard together, and hold it in the Mouth, and it will draw out much Phlegm from the Head; but if you boyl Pelitory roots, Hyſop, and Muſtard in Wine and Vinegar, and gargle the throat with it, it will cleanſe the Lungs and Stomach perfectly.

The Lady Drury's *Medicine for the Colick. Proved.*

TAke a turf of green graſs, and lay it to the Navil, and let it lye till you find eaſe, the green ſide muſt be laid next to the belly.

A Medicine for one thick of hearing. Proved

TAke the Garden Daſie-roots, and make juyce thereof, and lay the worſt ſide of the head low upon the bolſter, and drop three or four drops thereof into the better Ear; this do three or four dayes together.

An excellent Drink for the Stone.

TAke Saſſafras and Saſſaparilla, of each two ounces ſhaved ſmall, China root and Tormentile root, of each one ounce ſliced ſmall, Liquoriſh half a pound beaten, Anniſeed four ounces bruiſed; ſteep all theſe in three gallons of running water for

twelve hours, then put to them theſe ſimples following, picked and waſhed, *viz.* Columbine, Lady-mantle, Marſh-Mallow, and Mous-ear-roots ſlit, Herb Robert, Ribwort, Sanicle, Scabious, Agrimony, Colts-foot and Betony, of each two handfuls, boyl all theſe together on a ſoft fire, till one Gallon be conſumed, then ſtrain it out and keep the liquor in a glaſs cloſe ſtop'd, then take all what remains in the ſtrainer; put it into the pot again, and pour thereon two gallons of running water, and boyl them till half the liquor be conſumed, then ſtrain it out, and put both liquors together, ſet them on the fire, and put a quart of white-Wine to it, and let it boyl a while gently, and ſcum it clean, then take it off the fire and put to it half an ounce of Rubarb ſlit and two ounces of good Sena leaves, and ſtir them well together, and cover the pot cloſe to keep in the heat, and let it ſtand all night and in the morning ſtir it well and cover it again, and ſo let it ſtand four dayes. Take of this liquor in the morning faſting, four a clock in the afternoon, and after ſupper at bed-time; at each time the quantity of ſix ounces, and ſo it muſt be uſed till you feel eaſe.

To

To preserve a woman with Child from miscarrying.

PUT a few Cloves and Cinnamon with a sprig of Balm and Rosemary into a pint of Clarret Wine, and burn it altogether, then beat the yolks of six new laid Eggs, and put them into the wine on the fire, then take the Cock-treading of twelve Eggs, and the white of one Egg, and beat them to an Oyl; tak off the white froth from it, and put this Oyl into the Wine, and brew all well together with as much powdered Sugar as will make it of an indifferent sweetness: whereof let the said Woman take four spoonfuls at a time, when she feeleth any pain to begin in her back or belly.

To make Childrens teeth come without pain. Proved.

TAke the head of a Hare boyled or roasted, and with the brains thereof mingle honey and butter, and therewith anoint the childs gums as often as you please.

Dr. May's *Juyce of Liquoriſh to ſtay Rheum and preſerve the Lungs.*

TAke ſix little handfuls of the tops of Hyſop, Roſemary flowers one little handful, of the leaves of Colts-foot, four little handfuls, ſtamp and take the juyce of them, and put to it a pint of Hyſop-water, or running water; unto all theſe put four ounces of Liquoriſh finely beaten and ſearſed, then ſet it on the fire; and boyl it till it be as thick as cream, then ſtrain it through a fine ſtrainer, and ſet it again to the fire, and ſtir it continually till it boyl, and put in to it boyling four ounces of yellow Sugar-candy; let it boyl till it riſe from the bottom, which ſtirring, and when you may handle it, make it up in cakes and Rolls as you pleaſe.

To kill a Felon quickly.

TAke a little Rue and Sage, ſtamp them ſmall, put to it Oyl of the white of an Egg, and a little Honey, and lay it to the ſore.

A

A Remedy for the pain in the Stomach.

TAke a pottle of white-Wine, eight ounces of Currans, and four ounces of Elicampane-roots sliced, a sprig of Marjoram and Spearmint; boyl all these together till the Currans be soft, adding to it one spoonful of sweet Fennelseed bruised. Drink of the Liquor every morning fasting, at four a clock in the afternoon, and when you go to bed, the quantity of six spoonfuls. While you drink this, apply to your stomach one spoonful of Conserve of Roses, two pennyworth of Mithridate, Cinnamon, Cloves, and Nutmegs, of each one spoonful, and a pennyworth of Saffron, mix these together with Rose-water, and wine vinegar and put them in a linnen Bag, and warm it, and lay it to the stomach.

To cure Diseases without taking any thing at the Mouth.

TAke one pound of Aloes Hepatica, Myrrhe four ounces, both beaten very fine, *Aquavitæ* and Rose-water, of each one pint; after one nights infusion distill them

them in Sand twenty four hours very ſoftly, and in the end make a great fire, and there will come a Balſom wherewith if you rub the Stomach with a warm cloath dipped therein, it will purge Phlegm and Choler, and all worms which infect the brain, and breed the Falling-ſickneſs, it expelleth corruption of the Stomach, it helps digeſtion and appetite, it expurgeth all droſs in the bottom of the Stomach, it cureth the Gout being mixed and well beaten with *Aquavitæ*, and applyed warm to the Gouty place and left long on it.

To break the Stone.

TAke Cammock Roots, dry them in an Oven, beat them to powder, ſearce it, and put as much thereof as will lye on a groat into half a pint of white-Wine, half a ſliced Lemon, a top or two of Roſemary and ſome Sugar, let them lye in ſteep all night, in the morning ſtir them well together, and drink it off, and walk thereupon a good while. Uſe this three or four mornings together and it will make the Stone break and void away in Gravel: but if the Kidneys be ulcerated, then uſe the medicine following.

To

To help ulceration in the Kidneys.

TAke two drams of China-root ſliced ſmall, Golden Rod, Maiden hair, Pauls Betony, Mouſe-ear, Agrimony, Comfrey, Scabious, Bugle, red Bramble leaves, Pelitory of the Wall, Marſh-Mallows, and Plantain, of each half a handful, then take one ſpoonful of French Barley, a ſtick of Liquoriſh ſliced ſmall, one handful of Raiſins of the Sun ſtoned; boyl all theſe ſoftly in a pottle of running water to a quart, then take it from the fire and put to it two ounces of conſerve of red Roſes, ſtir them together, and let it run through a fine cloath, and keep it cloſe ſtop'd in a glaſs, and drink thereof blood-warm every Morning and evening twelve ſpoonfuls at a time, for two, three, or four weeks, more or leſs, as you ſee occaſion, and find eaſe or pain.

A ſpecial Medicine for one that cannot ſwallow, although no inward Medicine can be taken for it.

TAke the ſoyling of a Dog that is hard and white, powder it and mingle it well

well with Engliſh Honey, ſpread it thick upon a linnen cloath, and hold it to the fire, and lay it all over the throat down to the Channel bone, uſe freſh morning and evening, bind it hard to, and by Gods Grace it will help.

To draw up the Uvula.

TAke a new laid Egg, and roaſt it till it be blue, and then cruſh it between a cloath, and lay it to the Crown of the Head, and once in twelve hours lay new till it be drawn up.

A Purge for Children or old Men.

TAke one ſpoonful of ſpirit of Tartar prepared with Sugarcandy and Roſe-water, put it in a little broth, and give it either of them; it purgeth gently, it comforts the heart, and expelleth Phlegm and Melancholy.

For

For a Noli me tangere.

TAke the Herb called Turnſoil, cut it in ſmall pieces, and put it in a bottle, and pour ſo much *Aquavitæ* on it as will cover it four fingers, ſtop the bottle, and ſet it in the Sun ten dayes, and in the night in the Chimney-corner, but not too near the fire; then pour off the *Aqua vitæ*, and keep it cloſe, then calcine the dregs remaining in the bottle, between two calcining pots well luted, which will be done in a day, then put the calcined aſhes into the ſaid *Aqua vitæ*, and they will all diſſolve. Keep this as a great Treaſure, and give one ſpoonful thereof to the party faſting, in whitewine, and wet a cloath in the ſaid Liquor, and bind it on the ſore place, and without fail it will dry it up. This helpeth alſo thoſe that are troubled with the Gravel and Stone, given as aforeſaid with white-Wine: and it is very excellent for thoſe that have the Dropſie, Palſie, or are taken with a Quartain Ague.

To make the face fair, and for a ſtinking Breath

TAke the flowers of Roſemary and ſeeth them in whitewine, with which waſh your Face; if you drink thereof it will make you have a ſweet breath.

For heat in the face, redneſs and ſhining of the Noſe.

TAke a fair linnen cloath and in the morning lay it over the graſs, and draw it over till it be wet with dew, then wring it out into a fair diſh, and wet the face therewith as often as you pleaſe: as you wet it let it dry in. *May* dew is the beſt.

An excellent Oyl to take away the heat and ſhining of the Noſe.

TAke twelve ounces of gourd-ſeed, crackle them, and take out the kernels, peel off the skins, and blanch ſix ounces of bitter almonds, and make an oyl of them, and anoint the place grieved therewith

with: you muſt always take as much of the Gourd-ſeed as of the Almonds; uſe it often.

For Heat or Pimples in the Face.

TAke the Liverwort that groweth in the Well, ſtamp and ſtrain it, and put the juyce into Cream, and ſo anoint your Face as long as you will, and it will help you. *Proved.* Alſo the juyce of Liverwort drunk in beer warm, is good for the heat of the Liver.

To take away Hair.

TAke the ſhells of fifty two Eggs, beat them ſmall, and ſtill them with a good fire, and with the water anoint your ſelf where you would have the hair off: Or elſe Cats Dung that is hard and dryed, beaten to powder and tempered with ſtrong Vinegar, and anointed on the place.

Doctor

Dr. Friers *receipt for ſweating in the Face.*

TAke a little handful of Penny-royal, and as much Cinquefoil, and ſeeth them in white-Wine or Vinegar; if you take Vinegar, put a little to it when it is ſodden; this done, you muſt hold your head over it, and caſt a ſheet over your head, and keep in the air cloſe as long as you can endure it, and ſo ten or twelve times a day.

An approved Medicine taught by Dr. Blackſmith *for the Cough.*

TAke the roots of Fole-foot and dry them in an Oven, and powder them, then heat a Tile red hot, and ſtrew it thereupon, then ſet the bottom of a tunnel upon it, and let the party receive the ſame morning and evening.

An approved remedy for the ſame by Doctor Blackſmith.

TAke a pint of Hyſop-water and a quarter of a pound of Sugar-Candy, a ſpoon-

ſpoonful of Anniſeed bruiſed, and a ſmall ſtick of Liquoriſh ſliced and bruiſed, put them together, and let them ſtand all night, boyl it a quarter of an hour upon a fire: then ſtrain and take off it two or three ſpoonfuls at a time warm; you may take it at any time, beſt at night when you go to bed, or in the morning.

For the Kidneys ſwoln with cold, or other Accidents.

TAke the Oyls of Roſes and Quinces, of each two drams, and warm them in a Saucer or Porringer, and anoint the place therewith againſt the fire leſt you take cold in the doing of it.

A Vomit for an Ague.

TAke blue Lilly roots ſliced ſmall and bruiſed, and ſteep it in as much Vinegar as will cover them; and when the Patient feels his fit coming, let him drink a draught of it in Ale, and keep him very warm while it worketh.

A Reſtorative bag for a cold or windy ſtomach.

TAke Roſe leaves, Roſemary tops, and flowers, red Mints, and Borage-flowers, of each one handful, warm them in a platter on a chafing-diſh of coals, and ever as you ſtir it, ſprinkle it with Sack and Roſe-water; and when it is as hot as can be, put it in a cloath or ſilk bag, and lay it to the bottom of the ſtomach as hot as can be endured, and keep your ſelf from ſtudying or muſing, and it will comfort very much.

A Drink for cold Rheums or Phlegm.

TAke the Roots of Fennel, Comfrey, Parſley, and Liverwort, Harts tongue, Mouſe-ear, Hore hound, Sandrake, Maiden hair, Cinquefoil, Hyſop, Bugloſs and Violet leaves, of each one handful, waſh and dry them very clean, Raiſins of the Sun eight ounces, Anniſeeds four drams, Liquoriſh two drams, Elicampane root two drams, half a pint of Barley waſhed and bruiſed; boyl theſe in a Pottle of fair water untill half the liquor be conſumed, ſtrain it, and put to it one

one quart of White or Rheniſh Wine, and one ounce of Sugercandy, and boyl it again till half be conſumed, take it from the fire, and when it is cold put it into a clean glaſs, and drink thereof every morning and evening a draught firſt and laſt, and by Gods grace it will make you well and ſound. *Approved.*

For Rheum in the Throat.

MAke a Cap of brown paper, perfume it with Frankincenſe, and apply it hot to the head, then take the hard Eggs, and lay them hot to the nape of the Neck, and anoint the throat with Oyls of Rice and ſweet Almonds, and lay your ſelf to ſweat; and after ſweating mix Mel Roſarum, and Syrup of Mulberries, Plantain water together, and gargle the throat therewith. In want of the ſaid Syrup uſe Woodbine water.

A Remedy for the Stone.

TAke a quart of Milk, Ale, and white Wine, of each four ounces, make them in-

into a clear Poſſet drink, the Curd taken off; to which put Parſley roots, Mallow leaves, and Pellitory of the Wall, of each one handful, water-creſſes one handful and a half, all ſmall ſhred, two ſprigs of Time, and Liquoriſh one ounce bruiſed, boyl all together to the conſumption of a quart, and take a draught thereof in the morning or at any time before meat, ſweetned with Sugar to your taſte.

A broth for the Cough of the Lungs, deviſed by Dr. Braſdale, *Dr.* Atkinſon, *and Dr.* Fryer, *for the Lord Treaſurer.*

TAke one paper of the prepared China Roots and ſteep it in ſix pints of fair water three hours, then boyl it unto three pints in an earthen pipkin, then boyl a Chicken, and one ounce of French Barley together in a pipkin ſix or ſeven Walms, and ſcum it, then put away the Water, and put the Barley and the Chick to the China, with the China in the paper, a little green Endive twenty Raiſins of the Sun ſtoned, a little cruſt of bread, and a little Mace, boyl them together to a pint and half, ſtrain it and let the party drink every day two draughts there-

thereof, one in the morning fasting, and another at four a clock in the afternoon: use it as often as you see cause.

For a Burning or Scalding.

TAke Alehoof one handful, the yolk of an Egg, and some fair water, stamp them, and strain it, and therewith wash the grieved place till the fire be out.

Or boyl some Ale-hoof and Sheeps Suet together with Sheeps dung and Plantain leaves, till they come to a Salve, and apply it.

To procure Sleep.

BRuise a handful of Anniseeds, and steep them in red Rosewater, and make it up in little bags, and bind one of them to each nostril and it will cause sleep.

To sharpen a sick mans appetite and to restore his taste.

TAke Wood or Garden-Sorrel one handful, and boyl it in a pint of white wine

wine-Vinegar till it be very tender, ſtrain it out, and put to it Sugar two ounces, and boyl it to a Syrup, and let the Patient take of it at any time.

A comfortable Julep for a Fever.

TAke Barly water and white Wine, of each one pint, Whey one quart, put to it two ounces of Conſerve of Barberries, and the juices of two Lemons, and two Oranges. This will cool and open the body, and comfort it. If the Fever be extreme hot, take two white ſalt Herrings, ſlit them down the back, and bind them to the ſoles of the feet for twelve hours. In want of Herrings, take two Pidgeons cut open, and ſo apply them.

A Receipt of the Right Honourable the Lord Sheffield, *for the Cough of the Lungs.*

TAke of the diſtilled water of ſweet Hore-hound one pint, and add thereto to make a Syrup three quarters of a pound of fine white Sugarcandy finely beaten, mix theſe well together, and ſet them upon

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a quick Charcole fire, then take ſome of the beſt Engliſh Liquoriſh clean ſcraped and ſliced, and put into it; and let it boyl in the ſaid Syrup, and when it ſeems half boyled, take three grains of Ambergreece reaſonably well bruiſed, and put it into the Syrup, and let it boyl together, but let any ſcum that riſeth upon it be taken away before: you muſt have a care that it boyl not with much heat by often cooling ſome of it with a ſpoon, when it comes to a little thickneſs, being cold, it is boyled ſufficiently, elſe will it be all Candy and not Syrup, while it is hot it muſt be ſtrained through a fine cloath that is clean before it be put in a glaſs.

For a Cough or ſtuffing in the Stomach.

TAke Hyſop water one pint, Muſcadine one quart, four races of Ginger, and as much Liquoriſh ſliced, two penny worth of Sugarcandy in powder, put all into a glaſs, and ſtop it cloſe, and ſhake them well together, and let it intermix twenty four hours, and drink thereof morning and evening.

A Plaiſter for the Colick.

TAke Camomile, Rue, Sage, and Wormwood, of each once handful, wheaten bran a handful, cut the Herbs ſmall, and boyl all in good Vinegar till the Vinegar be conſumed, then put it into a linen bag, and lay it to the pained place as hot as can be endured, and when it is cold, warm it again, and uſe it daily till you be well.

For the Riſing of the Mother.

TAke Columbine ſeed, and Parnipſeed, of each three ſpoonfuls; beat them to fine powder, & boyl them in a quart of Ale to a pint, ſeething with it one handful of Sage cut ſmall, ſtrain it, and drink it off warm every morning and evening; eſpecially when you feel pain. And take two ounces of Galbanum ſpread it upon a cloath, and lay it upon the Womans Navil.

A Drink for the Dropſie.

TAke Polipody of the Oak ſix ounces, Guajacum one ounce, the bark of Guajacum three ounces, Saſſafras four ounces, Sena ſix ounces, Anniſeed three ounces,

ces, Epithymum, Stechados, of each half an ounce, Raiſins of the Sun ſtoned, eight ounces, Hermodactiles three ounces, Agarick, Rhubarb, China root, of each half an ounce, Liquoriſh four ounces; put all theſe to ſteep a whole night in two gallons of Ale, and ſix quarts of ſtrong Wine, in the morning, boyl them two hours and half, the pot being cloſe ſtopt, then ſtrain it being cold, and give the Patientt thereof three times a day, half a pint at a time, *viz.* at ſix in the morning, and at nine after that, and at three in the after noon. Boyl the remnant in the ſtrainer in ſtrong Ale as before, and drink this Liquor at meals as often as you will. You muſt keep a drying diet of roaſt meat every day, and ſup betimes, bnt drink no other liquor whatever but theſe two.

For a Tympany or water in ones body, and for the fulneſs of the ſtomach.

TAke red Fennel and ſtill it, and take thereof in the morning faſting a ſpoonful or two, and in the evening or any time of the day, when you feel your ſelf not well: by Gods grace this will help you.

For a Stitch in the ſide. Proved.

TAke a pretty quantity of oats, and boyl them in Sack, till they have dryed up the Sack, and then put them in a cloath, and lay it as hot as you can endure it to your ſide, and this will help.

A Receipt of Herbs that are to be boyled in Broth, according to Dr. Atkins *opinion.*

TAke Tamarisk, Lettice, Borrage, Bugloſs, Roſemary tops, ſweet Marjoram, Time, Succory, Parſley, and Fennil, of each a pretty quantity; and when the body is coſtive, leave out ſome Herbs, and put in only Tamarisk, Borrage, Bugloſs, Lettice, Succory, Parſley, Fennil, Betony.

Another by Mr. Francis Cox.

TAke the roots of Sparagus and Eringoes, of each three or four, cut off the length of a finger, and ſliced, Maiden hair, Tamarisk, Harts-tongue, of each like much, Betony twice as much as any of the reſt, bind theſe and the roots together, take alſo large whole Mace two or three ſtalks, a quarter

ter of a Nutmeg quartered; take then a young Cock, dreſs him, and ſlice him, and cut his fleſh, and ſo boyl him till he be ſod all to pieces, but let not the herbs boyl too long in the broth, but when they have given a pretty taſte to it, take them out, and let the reſt boyl till the Chick be all in pieces, then beat the fleſh of him with Dates in a ſtone Mortar, and ſtrain it with the liquor, untill you have all the taſte thereof in the liquor, then clarifie this broth with the whites of Eggs as you do a Jelly, and then uſe it; this broth will ſtrengthen the back, and have reſpect to the Spleen.

A preſervative againſt the Plague.

TAke one handful of Roſes, Bettony, and ſmall Felon, two handfuls of Scabious of Dragon, Sage, Sorrel, Rue, Bramble leaves, and Elder leaves, of each one handful, Bole-armoniack as big as an Apple, Saffron the weight of eight pence, yellow Saunders one ounce, Sugarcandy two ounces, all beaten into powder; diſtill theſe together, take three ſpoonfuls thereof, and of Treacle or Mithridate the quantity of a bean and mingle it with the water, and drink thereof when you faint.

Oxymel Compoſitum.

TAke pure Honey a pottle, white Wine Vinegar a pint and a half, five Parſley, five Fennel, five Smallage roots the pith taken out, the roots of Kneeholm two ounces, Sparagus one ounce, Smallage ſeed four ounces, ſhred the roots, and bruiſe the ſeeds, and ſteep them in three quarts of Conduit water for four and twenty hours, and after boyl it all to one quart, ſtrain it, and add the honey clarified, and boyl it therein, then put to the Vinegar, and let it boyl gently to the thickneſs of a Syrup, one ſpoonful whereof taken every morning faſting cutteth and divideth all groſs humors, it purgeth the Liver, Spleen, Reins, and opens all obſtructions, it moveth Urine, and provoketh Sweat.

A purging Dyet-drink, the proportion for four Gallons.

TAke Saſſaparilla four ounces, Sena ſix ounces, Polipody of the Oak ſix ounces, Rhubarb twelve drams, Saſſafras roots two ounces, Agarick one ounce, Sea-ſcurvy-graſs a peck, Fennel, Caraway and Anniſeed, of each half an ounce, Cloves and Ginger

Ginger, of each one ounce, wild Raddiſh and white flower-deluce roots, of each two ounces, Water-creſſes and Brook-lime, of each eight handfuls, ſlice ſuch of theſe as are to be ſliced, and beat thoſe that are to be beaten in a Mortar, and put them in a Canvas bag, and let it ſtand eight dayes in a Rundlet of four gallons of ten ſhillings Beer, a little lower than the middle of the Beer, and ſo turn it. Take thereof in the ſpring and fall three or four dayes together in manner following, every morning at ſix of the clock faſting, take half a pint cold and uſe ſome exerciſe after it till you be warm, and faſt till nine a clock; then take ſuch another draught, and faſt one hour after it, then take ſome thin warm broath, and keep a good diet at meals, eating no ſallads or flegmatick meats; after dinner at three of the clock take thereof another half pint, thus do for three or four days in the ſame manner. This will purge greatly, clear the blood and inward parts, and prevent diſeaſes. If you pleaſe you may put to the aboveſaid Ingredients two handfuls of Maiden hair.

The Counteſs of Worceſters *Medicine for the Green-ſickneſs. Approved.*

TAke a pint of Malmſey, two handfuls of Currans clean waſhed, and put them together, alſo take a little Wormwood, and a little crop or two of red Mint, either green or dried, and lay it in the Malmſey over night, and in the morning eat a ſpoonful or two of the Currans faſting, and walk after it, eating nothing in an hour; uſe this twelve dayes together, and if you ſhall ſee cauſe; alſo take Wormwood, and warm it between two Tiles, and put it in a cloath, and lay to the ſtomach when you go to bed, and ſo freſh every night. Proved by the Lady of of *Worceſter*.

A Dyet drink for a Fiſtula, or for a Body full of groſs Humors.

TAke Sarſaparilla, Saſſafras, the Wood and bark of Oak root, of each four ounces cut ſmall, Agrimony, Coltsfoot, Scabious, of each four handfuls, Marſh-Mallow roots half a handful, Betony, Ladies Mantle, Sanicle, Columbine roots, of each one handful, ſhred the Herbs and Roots ſmall, and boyl them all in three gallons of Spring water, or two gallons, then ſtrain

ſtrain them through a Cullender, and put thereto one gallon of clear water, and boyl it to a Gallon and an half, and ſtrain it again till all the moiſture be out; put thereto a pottle of good white Wine, and a pint and a half of good Honey and boyl it ſoftly, ſcum it very clean, take it off the fire, and put to ſix drams of Rhubarb ſliced ſmall, and two ounces of Sena, and keep it in a ſtone veſſel cloſe covered, and drink thereof at five a clock in the morning, and at four a clock in the afternoon, till half of it be waſted; afterwards let the Patient drink thereof every morning a draught, and dreſs the Fiſtula with the green ſalve, and this will cure it.

When this drink is made as aboveſaid, let it ſtand three dayes only ſhaking it together twice or thrice a day. It is fit to be drunk at three dayes end; In the time of taking it, all fiſh, white meats, fruits, wine, anger, and paſſion, muſt be avoided.

For one that hath no ſpeech in ſickneſs.

TAke the juyce of Sage, or Pimpernel and put it in the Patients mouth, and by the grace of God it ſhall make him ſpeak.

A water good for the lightneſs of the head and the aforeſaid diſeaſe.

TAke the flowers of ſingle white Primroſes and ſtill them, and drink of the water, and that is good for the lightneſs of the head; and for bringing of the ſpeech again, mingle therewith the like quantity of Roſemary flower water, and Cowſlip water, and the ſame will reſtore the ſpeech again.

Sir Edward Bouſtwards *precious oyntment for aches in the bones, or ſinews that come of cold cauſes.*

TAke Wormwood, red Sage, the green and tender leaves and buds of Bays and of Rue of each one pound; chop them and beat them in a Mortar very ſmall, put to them Mutton ſuet well picked from the skins one pound and a half, and beat all well together, and put to them a pint and an half of good Oyl-Olive, or Neatsfoot Oyl, mix them all well together in an earthen pot, and ſet them in a warm Oven five hours; then take it out and ſtrain it; and keep the Oyntment in an earthen pot, and anoint the grieved

grieved place therewith well by the fire, and cover the place with black wool unwaſhed.

Dr. Atkins. *An excellent Medicine for the Jaundies.*

TAke of Rhubarb finely ſliced the weight of a ſhilling, red dock roots ſliced the weight of three ſhillings, one Nutmeg bruiſed groſly, and put them in a bottle of new beer, or any beer, the bottle being three quarts or a pottle, let it be cloſe ſtopt for three dayes, or two at leaſt, and then begin to give him to drink thereof every morning a draught next his heart, and about five a clock in the afternoon, drink this till his ſtool come yellow; if his body be looſe with it, give him but only in the morning; if he will not take this, give him two ſpoonfuls of the Syrup of Succory, with Rhubarb one morning, and every day after give him the weight of ſix pence of the powder after written in drink or broth, or aleberry next his heart for a week together.

Dr.

Dr. Atkins *Powder.*

TAke Earth-Worms and ſlit them, and waſh them with white-Wine, then dry them in an Oven, and powder them, and put to every ſhilling weight of their Powder, a groat weight of Ivory, and as much of Harts-horn ſcraped, mingle them together, boyl in his broth Parſley roots and Fenel roots, and a little Nutmeg; if he will not take this, give him every morning two ſpoonfu's of Oxymel compoſitum alone, or in Beer, or elſe burn ſome Juniper, and take one ounce of the Aſhes, and put in an Hypocras bag, with a quarter of a Nutmeg beaten, and run a pint of Rheniſh Wine or white Wine through it four or five times, annd let it every morning drink a draught of white wine and Sugar.

An approved Medicine for the yellow Jaundies.

TAke the peels of Barberries, and ſcrape off the outſide of it, and take the inner peel of them, a quarter as much as one may hold in their hand, a ſmall Raiſin of Turmerick grated very ſmall, four or five blades of

of Engliſh Saffron to be dried and beaten very ſmall, than put all together, and boyl in a pint of milk or poſſet-drink untill it be very bitter: then ſtrain it, and drink every morning faſting, and at night when you go to bed nine dayes together, and by the grace of God it will help you; or elſe you may lay it a ſteep in in ſtrong Ale or Beer twenty four hours, and then drink a quantity of it, as you ſhould the other; and if it be bitter, you may put a little Sugar to ſweeten it.

To make Oyl of Exceſter.

TAke Sage two handfuls, one of Time, one of the wild Vine, two of Hyſop, one of St. Johns wort, two of Bay-leaves, one of Gooſe-graſs, two of Roſemary, one of Letterwood, two of Pennyroyal, two of Cammomile, two of Lavender, two of white Lillies, two of Dragon leaves, two of Rue, two of Wormwood, two of Mints, one of ſweet Marjoram, one of Pellitory of *Spain*, one of Feaver-few, one of Angelica, one of Betony, ſtamp well theſe herbs and put them into a great pottle pot, and boyl them in two quarts of running water till the water be conſumed, then put to it two

two quarts of Cowſlip flowers that have been ſteeped in Oyl Olive four weeks, and have been kept in the Sun all that time, and two quarts of white wine, and alſo two quarts of Oyl Olive, boyl them together one or two hours, till you think it almoſt dry, then ſtrain in the Oyl from the herbs and put it into the glaſs, for the very bottom is not ſo good.

A Medicine for the Worms.

TAke a little freſh Butter and Honey, melt it, and anoint therewith the child from the Stomach to the Navil, then take powder of Myrrh, and ſtrew it upon the place ſo anointed, cover it with a brown paper, and bind a cloath over it, and ſo anoint the Child three nights one after another. This Myrrhe is alſo good to ſwallow in a morning for ſhortneſs of breath, and to chew it in the mouth for Rheums.

A Powder for the Wind in the Body.

TAke Anniſeed, Caraway-ſeed, Jet, Ambergrreece, red Coral, dryed Lemon or Orange peels, new laid Egg ſhel, dryed,

dryed, Dates ſtones, pillings of Gooſe-horns, of Capons and Pidgeons, dryed Horſe Radiſh roots, of each half a ſcruple in fine powder well mixed, and half a ſcruple thereof every morning in a ſpoonful of Beer or white Wine,

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To make Oyl of Eggs.

TAke twelve yolks of Eggs, and put them in a pot over the fire, and let them ſtand till you perceive them to grow black, then put them in a preſs and preſs out the Oyl. This Oyl is good for all manner of burnings and ſcaldings whatever.

To make oyl of Muſtardſeed.

TAke two pound of Muſtardſeed, and four pound of oyl Olive, grind them together, and let them ſo ſtand nine dayes; and then ſtir it well, and keep in boxes. This Oyl is good for the Palſie, Gout, Itch, &c

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To make oyl of Fennel.

TAke a good quantity of Fennel and put it between two Iron plates, and make

make them very hot in the fire, then preſs out the liquor. This Oyl will keep a great while: it is good for the Phthiſick, and for Burning or Scalding.

To make Oyl of Rue.

CUT Rue leaves, and put them into a pot with ſome Oyl Olive, and let them ſtand twelve dayes, then boyl them till they be waſted to the third part, then ſtrain it, and keep it cloſe. This Oyl is good to keep away all cauſes of Peſtilences in Man, Woman, or Child.

To make Oyl of Camomile.

STamp a good quantity of Camomile flowers in a Mortar, put them in a pot with ſome Oyl Olive, and let them ſtand twelve dayes, then boyl it a little on the fire, then take it off, and preſs it out hard, and put the juyce into glaſſes, and put to them more Camomile flowers ſtamped ſmall, and let them ſtand for your uſe.

A Soveraign Medicine for a Fistula.

TAke pure Rosin one pound, Sheeps Suet the bigness of a great Egg, or somewhat more in Winter, and set them on a fire in a pot, till it be ready to boyl, then pour it in a pan of cold water, and work it with your hands rubbed with butter till it become so small as packthred, scrape it on a cloath, and spread it thin, then cut it out small and narrow, and when you use it, roul it up small like tents.

The Powder.

TAke an Ox horn, and steep it nine dayes in water; shift every day into fresh watrr; then take it out and fill it full of black Sope, and fry it over the fire in a frying pan, and the horn will melt away and burn to powder; dip the end of ten tents in this powder.

The Water.

TAke Allum and white Copperas, of each half a pound, beat them into fine powder, and mix them well together, and put them in an earthen pot, and let them

them boyl on a ſoft fire till they be hard, and will boyl no longer, then beat them to powder. Two ſpoonfuls will make a gallon of water, and one ſpoonful will make a pottle; but let the water ſeeth firſt; then take it off, and at firſt ſprinkle a little of the powder leſt it flame up, and after the reſt wet a fair cloath and dreſs the ſore twice a day. If green Copperas be uſed, two pound muſt be put to one pound of Allum. When the ſore is dreſſed it muſt be tented as aforeſaid if need require, and lay on a cloath ſtill wet in the ſaid water. As the water comes hot from the fire, put in one ſpoonful of the ſaid powder by degrees.

A ſpecial Medicine for a looſneſs.

Burn three Nutmegs to aſhes in the flame of a wax candle, and when they are throughly burnt, rub them to powder, and mix it with the like quantity of Bean-flower and Cinnamon finely beaten and ſearced; then make up into a paſte with the white of an Egg, and a little red wine, and make the paſt into ſmall round pills fit for ſwallowing, and dry them hard in a clean fire, and when you take them, drink a little red wine after it.

For

For an uncomb or ſore finger.

SHred one handful of Smalledge very ſmall, and put to it one ſpoonful of Honey, the Yolk of an Egg, add a little Wheat flower to make it thick; then ſpread it on a cloath, and lay it to the ſore twice a day.

For the ſame in young Children, or any other in the beginning.

TAke Celandine and bruiſe it well between your hands, and bind to your Navil, and the ſoles of your feet, hang it once in twenty hours till they be well.

A Medicine for the purples proved.

TAke Purple ſilk and ſhred it as ſmall as you can, and put it into a ſpoon, and put a little Ale or Beer unto it lukewarm, and ſo take it, and drink after it a little; and ſo do five mornings together, and faſt an hour after it.

Dr.

Dr. Twins *Almond Milk.*

TAke a pot of water when it is boyled, and ſtood to be clear, then boyl therein Violet leaves, Strawberries the whole herb with the root, of each a pretty handfull, a good root of Sorrel, all well waſhed a cruſt of whitebread, Raiſins of the Sun ſtoned two ounces, boyl all theſe from a pottle to a quart, and with fifty Almonds blanched, and thirty Pompian Kernels, all well beaten, drew an Almond Milk, ſweetned with good Sugar to your liking, and drink a good draught thereof morning and evening towards the quantity of a pint.

Dr. Blackſmiths *Almond Milk.*

TAke of the roots of Ruſcus Gramen, Sparagus, and Succory, each three drams, Barley prepared half a handful, of the leaves of Mallows, Violets, five leaved Graſs, Strawberries, Borage, Bugloſs, Maiden hair, of each half an handful, ſliced Liquoriſh two drams: boyl all theſe in three pints of fair running water to a quart or leſs: then take the weight of a french Crown of the Kernels of each of the three cold

cold ſeeds, and beat them with a few Almonds, and white Roſewater and Sugar, and make Almond Milk.

Dr. Atkins *excellent receipt of Almond Milk to cool and cleanſe the Kidneys.*

TAke a pint and a quarter of Barley water, and in that boyl Althea, Eringo, Gramen and Sparagus roots, each a French Crowns weight, Strawberries and five leaved Graſs, both leaves and roots, each a few; boyl them till the Barley water be but a pint, then ſtrain out the Barley-water, and take a french Crowns weight apiece of the four cold ſeeds, and peel off the husks, then beat the ſeeds with Almonds, and ſtrain them forth together with the Barley water, and put to it a little Roſe-water and Sugar, and make it an Almond Milk.

A receipt for the Stone.

TAke a gallon of new Milk, wild Time, Saffafras, Pelitory of the Wall, Filipendula roots, Saxifrage, of each one handful, Parſley leaves two handfuls, three or four Radiſh roots, and as many Parſley roots, Anniſeeds one ounce; cut and ſlit the roots, bruiſe the herbs and ſeed, and put them to infuſe

ıfuſe in the Milk a whole night, the next
ıorning diſtill it in a Roſe Diſtilatory. Take
n or twelve ſpoonfuls of the water, and as
uch white or Rheniſh wine, a little Su-
r, and a ſliced Nutmeg. It is very good
ery full and change of the Moon to take
ornıng and evening, to prevent ſickneſs,
d at any time if need require.

For the Green-ſickneſs.

TAke Aloes and Rhubarb of each four ounces finely beaten and ſearced, pre-red Steel four drams; mix theſe together th Claret wine, and make them into enty ſeven pills, and take every morning ree of them, uſing exerciſe till all be gone; d drink after them at each time a glaſs of aret wine.

For any ſore Breaſt or Paps.

TAke a pottle of running water, Sage two good hanfuls ſmall minced, and uantity of Oat-meal-greats ſmall beaten; yl all theſe to a thickneſs of white bread ugh, but let it not burn too; then put t three ſpoonfuls of Honey, and a little fron; ſtir it well together, and boyl it to

a

a quart somewhat stiff. This Pulteſs will break and heal it soon, and draw away the pain without breaking. It will cure any sore Breast or Pap, if it be not a Canker or Fistula.

A Syrup lasting many years, good for Swounding and faintneſs of Heart, it comforteth the weak brain and sinews, it may be used as much as half a nut at once at your pleasure.

TAke Borage, Bugloſs, white Endive one little handful, of Roſemary flowers, Time, Hyſop, Winter-Savory, of each one little handful; break theſe between your hands, and ſeeth them in three quarts of water to three pints, then ſtrain it, and put to it a pint of good Malmſey, one ounce of whole Cloves, powder of Cinnamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them ſeeth upon a ſoft fire, well ſtirred for burning to untill it come to the thickneſs of honey: then take it up, and let it cool, and put it in pots or glaſſes at your pleaſure. Preſcribed by Dr. *Twin.*

An

An approved Medicine for a woman in Labor to make come, and prove ſafe Deliverance.

TAke powder of Cinnamon, one dram, powder of Amber half a dram finely beaten, mingle it with eight ſpoonfuls of Claret Wine, and ſo let her drink it.

To know how much Bezar ſtone muſt be taken when one is heart-ſick.

TAke Bezar ſtone the weight of three Barlycorns, or five at a time, once in ſix or ten hours, and give it in a ſpoon with Carduus, Bean-water, Borrage, or Bugloſs, Ale or Beer.

Dr. Stephens *excellent water, wherewith he cured many diſeaſes following.*

TAke one gallon of Gaſcoin Wine, Ginger, Galingale, Camomile, Nutmegs, Grains of Paradiſe, Cloves, Anniſeeds, Caraway ſeeds, of each one dram; then take Sage, Mint, red Roſes, Time, Pellitory, Roſemary, Pennyroyal, Montanum, Cammomile, Babin, Harts-tongue, Lavender, Avens, of each a handful; bray the ſpices ſmall

ſmall and let it ſtand ſo twelve hours, ſtirring it divers times; then ſtill it in a Limbeck, and keep the firſt by it ſelf, for it is beſt; then will there come a ſecond water which is good but not ſo good as the firſt, for it is fainter. The Virtues of this water is, to comfort the vital Spirit greatly, and preſerve the youth of man or woman, and helps the inward diſeaſes that come of cold, helpeth the ſhaking of the Palſie, and cureth contractions of Sinews; it ſtrengthneth the Marrow in the bones, it helpeth the conception of women that are barren, it killeth worms in the body, and cureth the cold Gout, and Tooth-ach, and it helpeth the Stone in the Bladder, and the pain in the Reins of the Back, and will make one ſeem young a long time: One ſpoonful of this *Aqua vitæ* ſhall do more good to a man that is ſick than four ſpoonfuls of any other; and this *Aqua vitæ* ſhall be better if it ſtand in the Sun all Summer long.

For the Falling-Sickneſs.

TAke half a Peck of Peony roots, cleanſe, rub, waſh, and ſtamp them and as you ſtamp them put in Sherry Sack, let them be beaten very ſmall, and then put

to them a pottle of Sherry Sack; ſtir all well together, and let it ſtand cloſe covered twenty four hours, then pour off the cleareſt into bottles, and take thereof a little draught every change of the Moon, for three mornings, one morning after another.

A Pulteſs to break a Bile or Impoſthume.

TAke Sorrel one handful, twelve figs quartered, half a pint of Sorrel juyce; boyl and break together till it be very tender and put to it ſome wheat-flower, and when it is well boyled, put to it a good piece of butter, and lay it warm to the place twice a day, till it be drawn enough.

A Remedy for worms in Children.

TAke one ſpoonful of juyce of Lemons, powdered Saffron half a ſcruple, and a little Sugar; & give this ſame quantity to the Patient three mornings together.

For Worms. Dr. Wetherborn.

TAke Rhubarb one dram, Wormwood half a dram, Coralline one ſcruple, Currans

Currans one good handful; beat them all to a Conſerve, and mix it with ſyrup of Violets to an Electuary, and give a Child the quantity of a Walnut thereof every other morning faſting.

An Oyntment to heal any Bruiſe or Wound.

TAke Sage, Self-heal, Smallage, Sothernwood, Plantain, Time, Ribwort, Rue, Parſley, Marigold leaves, Mercury, Wormwood, Betony, Scabious, Valerian, Comfrey, Lyons tongue, Buck-horn, of each one handful, waſh them clean, and put them into a Sieve to drain all night, and when they are dry, chop them very ſmall, and put to them two pound of unwaſhed Butter well beaten, then boyl it till half be conſumed, then ſtrain it into the pot you mean to keep it in. It is alſo good for ſwoln breaſts. *May* is the beſt time to make it.

For a Bruiſe in a womans Breaſt that is hard ſwoln.

TAke Woodlice, and dry them between papers before the fire, and make them into fine powder, whereof take as much as will lie on a three-pence in a ſpoonful of

Grout Ale: do thus firſt and laſt for three weeks together, and after you may take twice a week till you find the breaſt well. But you muſt be ſure to keep a white Cotton fryed in Gooſe-greaſe to it conſtantly, though you leave taking the powder, untill you find the breaſt cured. This hath cured the breaſts that ſhould have been cut off.

A Medicine for a Child that cannot hold his or her Water.

TAke the Navil ſtring of a child which is ready to fall from him, dry it and beat it to powder, and give it to the Patient child Male or Fe-male in two ſpoonfuls of ſmall Beer to drink faſting in the morning.

A. R. C.

SHred two handfuls of Roſemary flowers, and boyl them in a quarter of a pint of *Aqua vitæ* a little together. At night when you go to bed, and in the morning, you muſt have two little pieces of white Cotton, and take ſome of this liquor, and ſet it on the embers in a diſh, and put in one of the pieces of Cotton, and when it is hot wring out the Liquor, and lay it to the grief.

Do

Do thus three times evening and morning, keeping the last piece of Cotton to the grief all night, and so all day.

An Electuary for the Liver.

TAke Cichory roots, wash and rub them very dry in a cloath, then slit them, and take out their pith, and cut them in small pieces; of these roots thus ordered take eight ounces, and beat them small in a Mortar, and put to them two ounces of Currans well washed, and dry rubbed in a cloath, and beat them well together; put one ounce of the best grated Rhubarb, and half a pound of double refined Sugar beaten to powder, and beat all well together in the Mortar to the consistence of a well formed Electuary, and keep it in a Gally-pot for your use close covered. Take as much thereof as a Walnut in the morning fasting, and as much at four a clock in the afternoon.

A Purging Ale for the Liver.

TAke Scurvy grass six handfuls, Brooklime, watercresses, of each three handfuls, Agrimony, Speed-well, Liverwort, of each two handfuls, Fennel and Par-

ſley roots, of each three ounces, Horſe-radiſh two ounces, Monks Rhubarb one pound all well picked, waſhed and bruiſed; then put to them Sena five ounces, Polypody of the Oak four ounces, Nutmegs bruiſed two ounces, Fennel-ſeed bruiſed one ounce, Liquoriſh ſlit and bruiſed two ounces, Saſſafras cut ſmall three ounces: put all theſe in a bag or boulter, and hang it in five or ſix gallons of ſecond Ale, and after five dayes infuſion drink thereof half a pint every morning faſting, and walk upon it.

A Medicine for the Stone.

TAke the Pulp of Caſſia-Fiſtula newly drawn one ounce and a half, Rhubarb in powder one dram and a half, Venice Turpentine ſeven drams, Liquoriſh half a dram, Species of Diatragacanthum Frigidum one ſcruple; mix them well together with a ſufficient quantity of Marſhmallow, and take thereof in the Morning faſting the quantity of a Walnut, and drink after it a good draught of Poſſet-drink; uſe it three mornings at every new Moon.

For the whites and Heats in the Back.

TAke three or four Nutmegs and put them into the middle of a brown loaf, ſet it in

in an Oven, and when it is baked take out the Nutmegs, and every morning for nine dayes one after another beat the white of a a new laid Egg to water, then put to it of Plantain and red Rosewater, of each four spoonfuls, and grate into it some of the said Nutmegs, and sweeten it with a little Sugar, and drink it off.

Syrup of Ale for the same disease.

TAke a gallon of new Ale-wort of the first running, and hang it over the clear fire in an iron pot, and scum it till no more will rise, and when it is boyled to a pint take it off, and put it in an earthen pot with a cover, and take a little thereof on a Penknives point every morning and evening.

An excellent artificial Balsom.

TAke Conduit water and Oyl Olive, of each one quart, Turpentine, four ounces, liquid Storax six ounces, put them in a Bason, and let them stand together all night, the next day melt half a pound of Bees-wax on the fire, and put to it Rosemary, Bayes, and sweet Marjoram, of each one handful shred small, and also Dragons

blood, and Mummey of each one ounce made ſmall, and let them boyl in the wax a while: then put into the Baſon Oyl of St. Johns wort and Roſe-water, of each two ounces, and boyl it together a little more, then put in ſome natural Balſom and red Saunders pulveriſed, and let it boyl a little, then ſtrain it into a Baſon, and when it is cold make a hole in it with a knife to let out the water, and ſo diſſolve it on the fire, and put it up for your uſe.

The virtues and operation of this Balſom are

1. It is good to cure any wound inward; if inward, ſquirt it in or apply it with a tent; if outward, anoint the place.

2. It healeth any burning or ſcalding, bruiſe or cut, being therewith anointed, and a linnen cloath or lint dipped therein laid to the place warm.

3. It takes away any pain or grief that comes of cold and moiſture in the bones or ſinews, anointing the place grieved with this Oyl heated, and a warm cloath laid on it.

4. It cureth the head-ach, only anointing the temples and noſtrils therewith.

5. It

5. It is good for the wind Colick, or Stitch in the ſide, applied thereunto warm with hot cloaths four mornings together, every morning a quarter of an ounce.

And many other cures it doth, *&c.*

To make green Oyntment.

TAke Rue and Sage of each one pound Bay leaves and Wormwood of each half a pound, Melilot, the Hearb and flowers of Camomile, Spike, Roſemary, red Roſe leaves, Saint Johns wort, and Dill, of each one handful; chop them firſt very ſmall then ſtamp them, and put thereto the like weight of Sheeps Suet chopt very ſmall, and ſtamp them all in a ſtone Mortar to one Subſtance, that all be green and no ſuet appear. Then put it into a large earthen pan, and pour on it five pints of pure and ſweet Oyl Olive, and work them together with your hands to one Subſtance; then cover the pan with paſte cloſe, that no air enter, and let it ſtand ſeven dayes; then open it, and put it in a freſh pan, and ſet it on a ſoft fire, always ſtirring it till the herbs begin to grow parched; then ſtrain it into a freſh pan, to which put the Oyls of Roſes, Camomile, white Lillies, Spike, and Violets, of each one

ounce, ſtir them well together, and keep it in a glaſs cloſe ſtopt for your uſe.

An Electuary for the Paſſion of the heart.

TAke Damask Roſes half blown, cut off their whites, and ſtamp them very fine, and ſtrain out the juyce very ſtrong; moiſten it in the ſtamping with a little Damask Roſe-water, then put thereto fine powder Sugar, and boyl it gently to thin Syrup; then take the powders of Amber, Pearl, and Rubies, of each half a dram, Ambergreece one ſcruple, and mingle them with the ſaid Syrup till it be ſomewhat thick, and take a little thereof on a knives point morning and evening.

A drink for a hot feaver.

TAke Spring water and red Roſe water of each one pint and a half, the juyce of three Lemons, and white Sugarcandy one ounce, and mix them together, and give the Patient thereof ſix or eight ſpoonfuls at a time often in a day and night, untill the unnatural heat be extinguiſhed.

For

For the Colick.

TAke equal portions of Honey and Wine, put them on a fire, and put thereto ground wheat meal, and a pretty quantity of bruiſed Cummin-ſeeds, and as much Sorrel; boyl all together for a pretty while, then put them into a linnen bag, and apply it to the belly as a plaiſter. Or take a pretty bundle of Time, and boyl it with a little ſlice of Ginger in a pint of Malmſey, till the the third part be waſted, and drink thereof as warm as you can.

For ſtopping of the Urine.

TAke the ſhells of quick Snails, waſh them and dry them clean, and beat them into fine powder; whereof take a pretty quantity in white-Wine or thin broth.

For the Stone in the Kidneys.

TAke a pottle of new Ale, and as much Rheniſh wine, and put into it two whole Lemmons ſliced with the peels and all, and put to them one Nutmeg beaten.

and

and two handfuls of Scurvy-graſs beaten and ſtrained into the Ale, and half a penniworth of grains of Paradiſe bruiſed; put all together in a little ſtand with a cover, and after three dayes drink it with a taſt. It is alſo good againſt the wind-colick, proceeding from the Stone.

To make Hair grow thick.

TAke three ſpoonfuls of Honey, and a good handful of Vine ſprigs that twiſt like wire: and beat them well, and ſtrain their juyce into the Honey, and anoint the bald places therewith.

For the Rheum or Cough in the ſtomach.

TAke a pint of Malmſey or Muſcadine and boyl it in five ounces of Sugar-candy till it come to a Syrup, and in the latter end of the boyling put to it five ſpoonfuls of Horehound diſtilled water, and ſo ſuck it from a Liquoriſh ſtick bruiſed at the end. Uſe this only to bedward.

For a Sciatica.

TAke a pound of yellow Wax, ſix ſpoonfuls of the juyce of Marjoram, and

and red Sage, two ſpoonfuls of the juyce of Onions, of Anniſeeds, Cloves, Frankincenſe, Mace and Nutmegs of each one penniworth, and as much Turpentine; boyl theſe together to the conſiſtence of a ſalve, and ſo apply it.

For the Piles.

ROaſt quick Snails in their ſhells, pick out their meat with a pin, and beat them in a Mortar with ſome powder of Pepper to a ſalve; then take the dried roots of Pilewort in powder, and ſtrew it thin on the Plaiſter,& apply it as hot as you can ſuffer it.

To procure ſleep.

CHop Camomile and crumbs of brown bread ſmall, and boyl them with white wine Vinegar; ſtir it well, and ſpread it on a cloath, and bind it to the ſoles of the feet as hot as you can ſuffer it. You may add to it dried red Roſe leaves, or red Roſe-cakes with ſome red Roſe-water, and let it heat till it be thick. And bind ſome of it to the Temples, and ſome to the ſoles of the feet.

A good Purge.

TAke Diacatholicon and Syrup of Roſes Laxative, of each one ounce, mix them well together in a penny pot of white-Wine; and drink it warm early in the morning. This purgeth Choler, Phlegm, and all manner of watry humors.

For a Felon in a Joynt.

DRY Bay ſalt, and beat it into Powder, and mix it with the yolk of an Egg, and apply it to the grieved place in the beginning, before the Felon be broken: but if it be firſt broken, then take the juyce of Groundſwell, the yolk of an Egg, a little Honey and Rye flower; mix them well together and ſo apply it.

To heal a freſh wound with ſpeed.

TAke the leaves of Columbine, Nettles, Plantain, Ribwort, wild Tarras, Wormwood, red Roſes, Betony, Violets, of each one handful; waſh them clean, and beat them well with the white of an Egg, and ſtrain out the juyce through a cloath, to which

which juyce put the quantity of two Walnuts of Honey, and half an ounce of Frankincense; stir them well together, and put it in a box, and use it Plaister-wise. Or take Rosin, Wax, fresh Butter, Barrows-grease well tried, of each a little quantity, Oyl them well, and put it in a bason of cold water, and work it with your hands into little rolls, spread it on a cloath, and apply it. If the wound be deep tent it with lint.

For the prick of a needle or thorn.

TAke boulted wheat flower, and temper it with red wine, boyl them together to the thickness of a Salve, and lay it on so hot as you can suffer it. This will open the hole, draw out the filth, and ease the pain.

For to kill a Corn.

TAke of the bigness of a Walnut of Ale-yeast that is hard, and sticks to the tub side; put to it a little dried salt finely powdered; work them well together, and put it in a close box; make a Plaister of some of it, and bind it to the Corn.

For Bruiſes, Swellings, broken bones.

TAke Brooklime, Chickweed, Mallows, Smallage, Groundſel, of each one handful; ſtamp them with a little ſheeps tallow, Swines greaſe, and Copin; put thereto wine dregs, and a little wheat bran; ſtir them well together over the fire till they be hot, ſo apply it to the place grieved.

For Burning or Scalding.

TAke Gooſdung, and the middle Bark of an Elder-tree, fry them in *May butter*, ſtrain them, and there with anoint the burnt or Scalded place.

To help Deafneſs.

TAke a piece of Rye dough the bigneſs of an Egg, and of that faſhion, bake it dry in an Oven, cut off the end, and with a knife cut out the paſte and make it hollow, then put into it a little aqua-compoſita, and ſtir it and ſo hot as you can endure it apply it to the deaf ear till it be cold; you muſt keep your head very warm. If both ears be grieved, make two of them, and uſe thoſe three times.

For

For the Colick.

TAke half a ſheet of white Paper, anoint it all over with Oyl Olive, and ſtrew thereon groſs Pepper, and lay it to the belly from the Navil downward.

For the Yellow Jaundies.

TAke Pimpinel, Groundſel, Shebroom with the tops, of each one handful; boyl them in a quart of Ale till half be conſumed, then divide it into three draughts, and take it morning and evening.

For the bloody Flux.

TAke Bean flower, mingle it with Malmſey, and make a paſte thereof, and bake it in an Oven like a Cake, but not too hard, and lay it upon the Navil of the belly as hot as can be ſuffered, and wet it all over with Malmſey, and keep it warm. It will help in three dayes.

A drink to drive the Plague from the Heart.

TAke a great Onion, cut off the top of it, and take out ſo much of the core as

as the bigneſs of a Walnut, which hole fill up with Treacle, put on the top again and wrap the Onion in a piece of brown or gray paper roſt it throughly, and peel it, and trim it finely, and put it in a clean linnen cloath, and ſtrain it hard into three Porringers, and drink the juyce ſo ſtrained out: for it hath been found moſt excellent by often proof, not only for the expulſion of the Plague, but alſo for the eradicating of all poiſon and Venome.

The only Receipt againſt the Plague.

TAke three pints of Muskadine, and boyl therein a handful of Sage, and a handful of Rue, untill a pint be waſted; then ſtrain it, and ſet it on the fire again; then put thereto a pennyworth of long Pepper, half an ounce of Nutmegs, all beaten together; then let it boyl a little, and put thereto three penny worth of Treacle, and a quarter of the beſt *Angelica* water you can can get: Keep this as your life above all worldly Treaſure. Take of it always warm both morning and evening a ſpoonful or two, if you be already infected; and ſweat thereupon; if not a ſpoonful in the morning, and half a ſpoonful at evening in all the

the Plague time. Under God trust to this; for there was neither Man Woman nor Child by this deceived.

This is not only for the common Plague which is called the sickness: but for the Small Pox, Measels, and Surfeits, and divers other diseases.

A good Almond Milk for the bloody Flux.

TAke mutton and boyl it in fair water and scum it very clean; then put to it a handful of Borage leaves, as much Prunes, some Cinnamon and whole Mace, the upper crust of a Manchet, boyl all these well till their strength be gone into the broth, then strain it through a Cullender; then take Jordan Almonds, and parch them as you do Pease, and let them boyl two or three walms, then strain them through a cloth, and season it well with Sugar and a little Salt, and let the Patient drink thereof at all times of the day. It is very Medicinal.

To take Fish by Angling.

TAke Assa Fetida, Camphire, *Aquavitæ*, and Oyl Olive; bray them together till they come to a soft Oyntment; then box it, and anoint your baits therewith.

For

For an Ach or Swelling.

TAke Oatmeal, Sheeps ſuet, and black Soap, of each four ounces, boyl them in water till it be thick, make a plaiſter of it and apply it to the grieved place hot.

For a Childs Navil that comes out with much crying.

TAke Wax as it comes from the Bee-hive, let it not be altered, but only ſtrained from the Honey; then melt ſome of it in a Sawcer, and dip ſome black Sheeps wool in it, and bind it to the Navil.

For Womens ſore Paps or Breaſts.

TAke Bean flower two handfuls, Wheaten Bran, and powder of Fenugreek, of each one handful, one pound of white-Wine Vinegar, three ſpoonfuls of Honey, three yolks of Eggs; boyl all till they be very thick, and lay it warm to the Breaſt. This will both break and heal it. Cruſh out the matter when you change the plaiſter. Or take Oyl of Roſes, Bean-flower, and the yolk of an Egg with a little Vinegar,

gar, set it on the fire till it be lukewarm, and no more, then with a feather anoint the sore places.

For an Ague in Womens breasts.

TAke the leaves of Hemlock, fry them in fresh butter, and as hot as may be suffered apply it to the Breasts, and lay a warm white Cotton on it, and in short time it will drive the Ague out of them.

To draw Rheum from the Eyes back into the Neck.

TAke twenty Cantharides, cut off their heads and wings, and beat their bodies into small powder, which put in a little linnen bag, and steep it all night in *Aqua vitæ* or Vinegar, and lay to the nape of the neck, and it will draw some blisters, which clip off, and apply to them an Ivy or a Cabbage leaf, and it will draw the Rheum from the eyes. Or roast an Egg hard, cut it in half, and take out the yolk, and fill either side with beaten Cummin-seed, and apply it hot to the nape of the neck.

For a Canker in the mouth.

TAke a pint of ſtrong Vinegar, Roach Allum the bigneſs of a Walnut, as much Engliſh Honey as will ſweeten it, and boyl it in a skillet, put it up in a cloſe ſtopt glaſs, warm a little of it in a ſaucer, and therewith waſh the mouth often, and lay ſome lint wet in the ſame warm Liquor upon the places.

To make ſweet Breath.

TAke the dried flowers and tops of Roſemary, Sugarcandy, Cloves, Mace, and Cinnamon, of each a little quantity, dried and beaten into fine powder; then take a new laid egg, and put of the powder into the egg, and ſup it off faſting in a morning; do ſo ſeven dayes one after another, and it will ſweeten the breath.

For an old ſore Leg.

TAke the whiteſt hard Sope you can get, ſcrape a quantity thereof into a ſawcer, and put to it ſome Deer-ſuet, and boyl

boyl them on the fire, then ſpread it on a clean linnen cloath, and lay it to the ſore morning and evening, and in a ſhort time it will heal.

For a ſtitch in the ſide.

TAke a piece of white leavened bread, and toſt it on both ſides, then ſpread one ſide thereof with the beſt Treacle you can get, and cover it with a fine linnen cloth, and ſo lay it to the grieved place.

A moſt excellent Salve for a Wound.

TAke a good quantity of the tops of Maiden or unſet Hyſop, ſhred them ſmall and beat them very ſmall in a Mortar; then take Oyl Olive and clarified Honey, of each one ſpoonful, put thereto half a handful of wheat flower, compound them together cold, and make it up into a fine Salve, which uſe to the purpoſe aforeſaid.

A Pulteſs to ripen any Bile or Impoſthume.

TAke a Lilly root and roaſt it in the Embers in a brown Paper; then take Figs and pound them ſmall, and Fenugreek and

and Linſeed of each a like quantity: when the Lilly root is roaſted, pound it very well; then boyl all theſe in new Milk from the Cow, till it be ſo thick that a ſpoon may ſtand upright in it, and ſtir it alwayes in the boyling, and put to it ſome Barrows greaſe and apply it to the place grieved.

To encreaſe Womens Milk.

TAke Fennel ſeeds bruiſed, and boyl them well in Barly-water, whereof let wet Nurſes and ſuckling Women drink very often, in Winter warm, in Summer cold; and let them beware of drinking much ſtrong Beer, Ale or Wine, for they are hot and great driers up of Milk; and ſo are all Spices, and too much Salt or ſalt meat.

To keep Iron from ruſting.

TAke Lead filed very ſmall, and put ſo much Oyl Olive upon it as will cover it in a pot; then make your Iron very clean firſt, and anoint the Iron with the ſaid Oyl, after it hath ſtood nine dayes and it will never ruſt.

To

To make Golden colour without Gold.

TAke the juyce of Saffron flowers when they are fresh on the ground: but if you cannot get them, then take Saffron dried and powdered, and put to it yellow and glistering Auripigment, that is scaly, and with the gall of a Hare, or Pike fish, which is better, mix them together; then put them in a glass Viol close stopped; which set in a warm dunghill for certain dayes, then take it out; and keep it for your use.

To make Golden letters without Gold.

TAke Auripigment one ounce, fine Chrystal one ounce; beat them to powder severally; then mix them, and temper them with the whites of Eggs, and so write with it

To make Silver Letters without Silver.

TAke Tin one ounce, Quicksilver two ounces, melt them together, then beat them well With Gum-water, and so write with it.

To make the Face Fair.

TAke freſh Bean-bloſſoms, and diſtill them in a Limbeck, and with the water waſh your face.

A wound drink.

TAke Southernwood, Wormwood, Bugle, Mugwort, White Bottle, Sanicle, Plantain, Dandelion, Cinquefoil, Ribwort, wood Betony, Clary roots, Avens called Herb Bennet, Hathorn buds, Agrimony, Oak leaves and buds, Bramble buds, wild Angelica, Mints, Scabicaus, Strawberry leaves, Violet leaves, Comfrey of each twenty handfuls; gather them in *May*, and dry them in a room without much fire; turn them often, that they may not become muſty; and when they are dry, but them up in Canvas bags ſeverally. Then take off theſe ſeveral herbs ſo dried, of each three handfuls, and put them into two quarts of running water, and one quart of white-Wine, boyl them to three pints, ſtrain the liquor from the herbs, and put thereto one pint of Honey, which boyl again, taking away the froth; then ſtrain it and keep it in a glaſs bottle cloſe ſtopped, and take

take thereof in the morning faſting, and at night laſt, two or three ſpoonfuls at one time. This water will not continue good above three or four weeks at the moſt. It cureth old ſores, green Wounds, Impoſthumes, Fiſtula's, and ſtencheth bleeding. Tent no Wound, but ſearch and cleanſe it with a tent, and cover the place with a clean cloth. During the cure, the Patient muſt keep a ſpare diet, and abſtain from wine and ſtrong drink.

For Worms in Children.

TAke three pound of Prunes, Sena one ounce and a half, ſweet Fennel-ſeed one ounce and a half Rhubarb half an ounce, tie all theſe in a bag with a ſtone to it, and put them into a great quantity of water; then put the Prunes on the top, and let it ſtew ſix or ſeven hours, till the liquor be even with Prunes; ſo drink of the liquor two or three ſpoonfuls, and eat of the Prunes in the morning faſting, and at four a clock in the afternoon.

A green Salve.

TAke one pound of Butter, Bees-wax five ounces, Roſin one pound and a half, Frankincence four ounces, Oyl of Bayes two ounces, Deer-ſuet one ounce and a half, Verdigreeſe one ounce and a half, boyl the buttet a little, then boyl the wax in it, and ſtir it now and then, take it off the fire, put in the Oyl of Bayes, ſet it on the fire again, then put in the Deer-ſuet, and let it boyl one walm, for if it have more it will turn black, and when it is off the fire, put in the Verdigreeſe powdered, then ſtrain it into pots and keep it for your uſe.

A Receipt for the Kings Evil, Fiſtula, ſore Breaſts, Legs, or other ſores.

TAke Samnil, Agrimony, Avens, wild Bugle, red Dandelion, wood Bettony, Ribwort, wild Clary Roots and leaves, Mugwort, Plantain, Wormwood, and Bugle beaten and bruiſed, of each two handfuls; boyl them in ſix quarts of whitewine untill their vertue be extracted very ſoftly, then with your hand ſqueze all the juyce out of them

them into the Wine, then ſtrain the liquor out, and ſet it on the fire, and clarifie it with ſo much Honey as will make it dainty, pleaſant, and not ſharp; and let it boyl a little more; and when it is cold put it in bottles cloſe ſtopped, and it will laſt a year, whereof give the Patient ſix ſpoonfuls at a time, in the morning faſting, and at four a clock in the afternoon.

To eaſe Womens Child-bed throws that are taken with cold a week or two after their Delivery.

TAke one or two ſpoonfuls of Oyl of ſweet Almonds newly drawn, either in Poſſet-drink, or in a Caudle, warm, morning, and evening, it will help.

For Womens ſwounding fits after Delivery of Child.

TAke the powder of white Amber as much as will lye on a three pence, and give it in Mace-Ale warm.

An approved Medicine to ſpeed a Womans Delivery in difficult Travel, and to ſend out the after burden ſafely.

TAke Cinnamon two drams and a half, one dram and a half of white Amber, Myrrhe two ſcruples, Caſtoreum one ſcruple, Borax half a ſcruple, Saffron five grains, powder and mix them, whereof give one dram at a time in white-wine and Sugar, and ſweat after it. This hath been often tried with much good ſucceſs.

An approved Medicine for the Megrum.

TAke one ſpoonful and a half of the white of an Egg beaten very clear, whitewine Vinegar one ſpoonful, of Pepper and Frankincenſe, of each two drams powdered, and one ſpoonful of Honey; mix them with ſo much wheat flower as will make it into paſte, whereof make two plaiſters, and lay them to the temples of the head, and change it duly every morning and evening.

For

For to ease Head pain.

TAke red Rose leaves dried, mix them with wheat flower, Vinegar, Oyl of Roses, and some Housleek, boyl them till they be thick, spread it on a linnen cloth, and lay it to the forehead and temples, and it will ease the pain.

To cure a Shock Dog that hath the Mange.

TAke four ounces of Tar, mix it with some fresh grease, so as it may run, then put to it some Brimstone powder, half a spoonful of Gunpowder powdered, and two spoonful of Honey; mix them well, and therewith anoint the Dog; in the Summer time tye him in the hot Sun, that the Oyntment may not soak into him; in the winter time lay him on thick fresh hay, and there keep him that the heat of his body may heat and melt it. Thrice dressing will cure him.

Doctor Goffe's *Receipt to preſerve a Woman with Child from miſcarrying and abortion.*

TAke a fillet of Beef half roaſted hot from the fire, then take half a pint of Muſcadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Grains of Paradiſe and Nutmegs, of each half a dram, and make thereof a ſawce, then divide the beef into two pieces and wet them in the ſawce, and bind the one piece to the bottom of the womans belly and the other to the reins of the back, as hot as may be ſuffered, and keep them on twenty four hours at the leaſt, and longer if need be thereof.

For any pain in the Stomach.

CUT a piece of new Scarlet in the ſhape of a heart, put it in a pewter diſh, and wet it with the ſtrongeſt Cinamon or worm woodwater; then ſet it on a Chafindiſh of coals and cover it cloſe, and when it is dry wet it again, which do often untill the ſcent of the hot water be ſtrong in it, and lay it very hot to the ſtomach, and renew it once or twice in a week.

For

For the Wind in the Veins.

TAke powder of Liquoriſh, Caraway-ſeed and Sugar-candy beaten ſmall, of each an equal quantity to your taſte, to which put Rhubarb in powder a third part or more, with as much cream of Tartar pulveriſed; put it in a box, and keep it in your pocket, and eat as much of it as will lye on a ſixpence, twice or thrice in a day for a week together, this will gently purge you, cool the blood, and expell the wind out of the Veins. This hath holpen thoſe that have not been able to go.

An excellent Sear-cloath for a Bruiſe, Strain or Wound.

TAke one pint of Oyl Olive, red Lead eight ounces, Virgins Wax four ounces, Oyntment of Populeon four ounces, the Oyles of Roſes and Camomile of each one ounce; ſet the Oyl on the fire, then melt the Wax in it, then put in the Populeon and Oyl, and when all are molten put in the red Lead; ſtir them well together, and let it boyl till it be black; then dip in your cloaths, and apply them to the places ill affected

Mr. Lumley *Chyrurgeon, his Pippin drink for a Conſumption.*

TAke the thick paring of ſix Pippins, boyl them in three pints of ſpring water to a quart; then ſweeten it with Sugar-candy, whereof drink the quantity of a Wine glaſs when you go to bed. In a Feaver it's very good with a little ſyrup of Lemons.

An approved Medicine for the Spleen.

DRink for three mornings together pure Whey, as it comes naturally from the Curd; the firſt morning two pints, the ſecond morning three pints, the third morning four pints. The beſt exerciſe after it is gentle riding.

A rare Balſom.

TAke Venice Turpentine one pound, waſh it four times with fair water, and as many times in Damask Roſe-water, till it be as white as Snow; then take an earthen pot of a gallon, make a hole in the bottom

bottom of it, which ſtop with a cork and a rag, and tie a ſtring about the cork, into which pot put five pints of pure Oyl Olive, and three pints of Spring water; boyl this half a quarter of an hour; then melt eight ounces of yellow wax in a ſkillet, which put to the Turpentine in the pot; take it off the fire, and ſtir them together with a ſpoon till they be well mingled, then pluck the cork out of the earthen pot, and let out all the water in a platter, and the Oyl and the Turpentine into the Wax in a large baſon, and ſet them over the fire, ſtirring them well; then pour all out into a large earthen pan, and when it is thorow cold, melt it again on the fire, ſo that it will ſlip out; then pour out the water in the bottom, and melt it again on the fire, ſtirring all well together, and ſo put it up into Gally-pots for your uſe, and you have a moſt excellent Balſom made by decoction, whoſe effects follow.

The Virtues of it.

1. It is good for any inward wound ſquirted warm into it, and outwardly to it on fine lint, and anointing the place. It alſo preſerves the wound from inflamation and putrefaction.

2. It

2. It heals any bruiſe or cut being firſt anointed therewith, and then a piece of lint dipped in it, and laid to the place.

3. It cures all burnings and ſcaldings.

4. It helps the head-ach, anointing the Noſtrils and Temples therewith.

5. It expelleth the wind-Cholick, or ſtitch in the ſide, being anointed and applied four mornings with warm cloaths, and every morning bathing it before the fire a quarter of an hour.

6. It helps a Surfeit; taking one ounce thereof in warm Sack.

7. It preſerveth from the Plague, only by anointing the lips and noſtrils therewith before the party goeth abroad in the morning.

8. It is good againſt Cancers and worms, applied as before for a cut.

9. It helps digeſtion and keepeth from Vermin, if the Navil or ſtomach be anointed therewith before the Party goeth to bed.

The Operator that made it, healed himſelf being ſorely ſcalded.

To cure the Rickets in Children. Approved.

TAke a quart of new Milk, put into it one handful of Sinacle, boyl it half away, and give it to the Patient Child to drink in the morning for a breakfaſt, and let it not eat any thing for an hour or two after it; and at night take a quart of Milk, and one handful of red mints, boyl it half away as before, and let the Child eat it laſt at night. This continue for a month or longer, as occaſion is. This quantity of milk ſo made will ſerve for twice.

An Unguent to anoint the Ricketed Childs Breaſt.

TAke freſh butter, Sinacle, red Mints, of each one pound, ſtamp the herbs very ſmall, then mix it with the butter to a perfect Unguent, and therewith anoint the childs breaſt every morning and evening before the fire; you muſt anoint it from arm to arm that it may open the breaſt, and alſo anoint the gullet bones, that they may open, for in this diſeaſe they will ſeem to cloſe.

To

To anoint the Ricketed Childs Limbs, and to recover it in a ſhort time, though the Child be ſo lame as to go upon Crutches.

TAke a peck of Garden Snails and bruiſe them, put them in a courſe Canvas Bag, and hang it up, and ſet a diſh under it to receive the liquor that droppeth from them, wherewith anoint the Child in every Joynt which you perceive to be weak before the fire every morning and evening. This I have known made a Child that was extream weak to go alone, uſing it only a weeks time.

A Plaiſter for an Ague.

TAke ſtrong Leaf Tobacco ſix drams, Currans a ſmall handful, and as much Bores greaſe as will make it into a ſalve, by beating and ſtamping together in a morter of ſtone; when it is beaten to a Salve, take two pieces of Sheeps leather, and ſpread the ſalve an inch thick on both of them; and lay them upon the veins of both wriſts twenty four hours before the fit cometh. This will cure either a quartan or tertain Ague.

A dainty cooling drink for a Feaver.

TAke French Barley one ounce, boyl it firſt in a quart of fair water a good while, then ſhift it, and boyl it in another quart of water a good while, ſhift it again, and boyl it in a pottle of running ſpring water to a quart, then take two ounces of ſweet Almonds, lay them to ſoak all night; then ſtamp and ſtrain them into the laſt barley water; put to it four ſpoonfuls of Damask Roſe-water, the juyce of one Lemon, and with Sugar ſweeten it to your taſte, drink this often in the night, or when you are dry or hot.

To clear the Stomach, and comfort it.

TAke a pint of Sherry Sack, put in it two ounces of Jean Treacle, and four ounces of white Sugarcandy, boyl them into a Syrup with a ſoft fire, and take one ſpoonful in the morning faſting.

A Plaiſter for the ſame.

TAke a red Roſe Cake and toſt the upper ſide of it at the fire, ſtick it thick full of Cloves, and dip it in a little quantity of *Aqua vitæ* and whitewine Vinegar warmed very hot on a chafin-diſh of coals, lay it to the Stomach as hot as can be ſuffered, and bind it faſt on all night.

For a Rupture.

TAke a ſheet of Cap Paper, wet it in water, and fold it ſo wet, and lay it upon the Rupture, the Party lying upon his back, but cloſe up the Rupture firſt with your fingers, and ſo bind it down till it be dry, and then it will hold and grow with the fleſh, you may wear a Truſs upon it if you will.

To procure ſpeedy Deliverance to a woman in Labour with Child.

TAke a pint of Ale, and boyl it, and put to it a womans Milk to make a Poſſet of

of it, and let the Woman in Travel drink it; this hath procured eaſie and ſpeedy Deliverance to divers women in Child-birth.

To cure a great Flux or looſneſs of the Belly.

TAke a hard Egg and peel off the ſhell and put the ſmaller end of it hot to the Fundament or Arſe-hole, and when that is cold, take another ſuch hot, freſh, hard, and peeled Egg, and apply it as aforeſaid.

For to ſtrengthen the weak Eyes. Mr. Stepkin.

TAke one pint of red Roſewater, Sugar-candy one ounce, Lapis Tutia two drams, both finely pulveriſed, put them into the Roſewater, and ſtir them well together, and after it hath ſtood twenty four hours, wet a bit of new clean ſpunge in the ſaid water, and waſh the ſore eyes therewith lying backward, and when the water is almoſt ſpent, put into the glaſs more red Roſewater.

A ſare

A rare Oyl, or St. Johns wort.

TAke a quart of Oyl Olive, one pint of white-wine, two handfuls of Saint Johns wort ſtripped, ſeeds and all; bruiſe them, and put them into the Oyl, and put to it Oyl of Turpentine two ounces; put all into a great double glaſs cloſe ſtopped, and ſet it in the Sun ten dayes; then put the glaſs with all that is in it into a Kettle of water, with ſome hay or ſtraw in the bottom, and let the water boyl gently for ten or twelve hours, then ſtrain the Herbs from the Oyl, into which Oyl put as much freſh St. Johns-wort and ſeeds bruiſed, and let it ſtand ten dayes more in the Sun; this Oyl will be then of a deep red colour, and will laſt ſeven years; It is good to heal any wound, the Venemous bitings of Dogs or Serpents, and for Sprains.

A Glyſter for a hot Feaver.

TAke one handful of French Barley, boyl it a while in water till it be red, then pour off the water, and put the Barley into a quart of running water, with Mal-

Mallow and Strawberry leaves, of each one handful, a few dried Cammomile flowers, and a spoonful of Anniseeds bruised; then boyl it half away, and strain it out, put to the liquor a sawcer of Oyl Olive, and four ounces of brown Sugar, with four spoonfuls of Syrup of Violets, use it something more than lukewarm.

An excellent Drink to keep ones mouth moist.

TAke of Rosemary, Cinquefoil, and a stick of Liquorish bruised, seeth them in a quart of fair water till half be consumed, then strain it from the Herbs, and put in Sugarcandy, and let it seeth a while again, and then take it off the fire, and let the Patient drink thereof cold or lukewarm.

To stay Vomiting.

SEeth a good quantity of Cloves in Ale very well, that it may be strong of the Cloves, then sweeten it with Sugar, and drink it warm.

An

An exeellent Receipt for ſwounding and bringing quickly to life.

TAke of the common round black Pepper, and bruiſe it a little, and take half a ſheet of white Paper, fold it up together, and between every fold ſtrew ſome of the ſame, and burn the one end thereof in the fire, and hold it to the Noſtrils it is very good.

Againſt Fainting.

TAke Amber and ſcrape it, and put it in a ſpoonful of hot broth, and take it in the morning faſting, or at other times when you find your ſelf faint, and faſt an hour after it.

Doctor Lukeners *Medicine to ſtrengthen the Back.*

TAke a Pottle of fair water, and a Cock chicken, then take three French Crowns weight of Saſſafras, as much of China-wood, one dram of Orango roots, one dram of Marſh-

Marſh-mallow roots, ſcrape and cut all theſe in ſmall pieces, and put them in a cloſe Pipkin; and paſte it faſt that no air come out; and let it ſtand twenty four hours upon the fire and ſtew, but never boyl; then open the Pipkin, and put in one French Crowns weight of Fennil-ſeed, and red Roſe leaves, Borage, Bugloſs, and Roſemary flowers, of each a ſmall quantity, of Prunes and Raiſins of the Sun, each a handful, the bottom of a manchet, boyl all theſe together very well till it come to be pretty thick broth, then ſtrain it, and let the Patient take of this a reaſonable draught at eight in the morning, and at four in the afternoon for three dayes together.

To hold Urin.

TAke the Claws of a Goat, and burn them to powder and let the ſick uſe hereof in their pottage a ſpoonful at once, it will help them.

To

To ſtay a Looſneſs.

TAke Sage, and dry it on the fire between two diſhes, and then put it in a linnen bag, and ſit upon it as hot as you can ſuffer it, and continue it till you find eaſe.

A ſingular Medicine that the Marks of the Small Pox be not ſeen.

TAke a piece of fat Beef being throughly powdered, and boyl it a great while, then take a good quantity of the fatteſt broth, and ſtrain it, and put thereto a quantity of red Roſewater, and beat them well together a good while, and when the Pox begin to itch, anoint two or three times a day herewith till they be clean gone; and when the party is throughly well, let them take the broth of lean powdered Beef, and mingle it with white-Wine, and ſo let them waſh their face therewith, and it ſhall bring it to the ſmoothneſs and colour, as it was before; in any wiſe keep not the throat nor face too hot.

To

To dry up the ſmall Pox.

TAke half a pint of new cream, and as much Saffron as will make it of a deep Saffron colour, and boyl them together half a quarter of an hour, and keep it in a glaſs, and when the Pox begin to wheal, warm ſome of the Oyntment in a ſawcer, and annoint them with a feather twice a day till they be dryed up.

Dr. Eagleſtones *cure for the ſmall Pox or Meaſles.*

TAke a quart of Ale or Beer, and ſeeth it in a skillet, and put thereto a good handful of Fennel, and ſix or ſeven Figs, ſcraped and cut in pieces, two good ſpoonfuls of Anniſeeds, and a little Saffron, put all theſe to the drink, and let them ſeeth together till the liquor be more than half conſumed, and in the ſeething ſcum it clean, and ſtrain it into a baſon, and when it is cold make a poſſet of the ſame drink, and uſe to drink this often warm, and it will cauſe the diſeaſe to come forth.

A moſt excellent Medicine that the ſmall Pox be not ſeen in the face.

WHen the ſmall Pox are cleanly come forth, and that they begin to dry, take Sperma Ceti and warm it in a ſawcer, and with a feather anoint all the places, often times in the day, as often as it drieth up, that no point of the Pox or any other ſpot ſhall be ſeen.

To keep the ſmall Pox out of the throat.

TAke a little Saffron and dry it by the fire, beat it into a powder, and ſo boyl it with a little Milk, and drink thereof morning and evening, and it is excellent both to keep them out of the throat and to bring them kindly out, that they be not within the body to endanger them.

An Oyntment for the ſmall Pox when they begin to change at top and to prevent holes, Proved.

TAke a piece of fat rufty Bacon, and ſcrape away the outſide very pure, then

then tye it to a ſpit, and ſet a pewter baſon with fair water under the ſame, and let the Bacon drop therein, and when the fat of it is dropped away, then with a ſpoon beat that and the water together a quarter of an hour, then let it ſtand till it be throughly cold, then put the water out, and put the Card into another diſh of fair water, ſo doing for four times, then after in like ſort three times, with red Roſe-water, then putting the water from it, being thorowly, put it up in a Gallipot; when you will uſe it melt it, and with a Feather anoint the Face day and night, once in a quarter of an hour till the Scabs be clean off, and afterwards as long as there remaineth any ſcurf.

To keep the ſmall Pox out of the Eyes.

TAke a blade or two of the biggeſt Saffron, and put that and Womens milk together, and ſo let it be half an hour, and then with a Feather anoint every quarter of an hour the out and inner ſides of the eyelids round about as long as it is thought any Pox will come out; this will preſerve the Eyes from all danger: uſe the like to the noſtrils that the breath be not ſtopped.

An excellent one for the ſmall Pox when they have appeared and the party taken cold. Approved.

TAke a good handful of Camomile, and not the flowers but the leaves, then ſeeth the ſame and make Poſſet-drink thereof, and let it taſte very ſtrong of the Camomile, but take the Curd away, then drink a good draught thereof very hot four or five times, or as often as need requireth, untill the Pox appear again; this is alſo very excellent to ſtay any looſeneſs in the body; if it ſhould be too bitter you may put a little Sugar in it.

A Medicine to drive out the ſmall Pox.

TAke of diſtilled Taragon water eight ſpoonfuls, and put thereto ſix grains of Bezar or Unicorns-horn, or for want of thoſe two, put ſo much Saffron, but the other is the better: let it be warm, double the portion as you ſee cauſe, taking nothing an hour before, nor an hour after.

A

Another of the ſame, and to preſerve from being Infected.

TAke a quart of new milk, put thereto half a penny-worth of Engliſh Saffron powdered, boyl it till it be ſtrong and yellow, give thereof a good draught warm in the morning faſting; take it every nine days three mornings together, mixed with Ivory and Harts-horn, of each a ſmall ſpoonful. Uſe it as long as you fear Infection.

Dr. Stephens *for the Gout. Proved.*

TAke two pound of Virgins Wax, of Bores greaſe half an ounce, of Sheeps ſuet two ounces, of Neatsfoot Oyl two ounces; of Plantan and Roſe-water each two drams, Spike-water one dram, of Dragon water half an ounce; as much of Borage-water, and *Dr.* Stephens's water, two Nutmegs, twelve Cloves, and ſome Mace of the beſt, beat them ſmall together, and put them into a pot, and boyl it over a ſoft fire untill it become a Salve; then chafe the place where the party is grieved as hot as he may ſuffer, and then ſpread it on a

fine linnen cloth, and lay it upon the place ſix or eight days.

The Counteſs of Mounteagles *excellent Medicine for the Cramp. Proved.*

TAke a handful of the Herb called Periwinkle; ſome of it beareth a blew flower, and ſome white, and alſo take a good handful of Roſemary tops, put them into a Pewter diſh, and ſet them upon coals, dry them and turn them very often, and when they are very hot, lay them upon the place that is ſo taken with the Cramp, and bind a cloth upon them, when you go to bed, and this will help you, take it in the morning, and lay freſh at night.

A Poſſet Drink for one that is heart-ſick to remove it thence, though it be the Plague.

TAke Ale and make Poſſet-drink thereof, and clarifie it, then take Pimpernel and ſeeth in it till it be ſtrong of it, and drink often thereof.

Remedies

Remedies againſt the Falling Sickneſs.

TAke Powder of Harts-horn, drink it with Wine, it helpeth that diſeaſe: ſo do Ravens Eggs taken with the juyce of wild Rue, and the juyce of Miſleto.

To avoid Phlegm.

TAke clarified Poſſet-drink, and put thereto ſweet butter, the yolk of one Egg, and a little ſmall Ginger, Hyſop, red Mints and Sugar, let theſe ſeeth altogether, drink thereof firſt and laſt, as warm as you can ſuffer it.

A very good remedy to ſtay a looſneſs that happeth in Child-bed.

FIrſt in the water you mean to uſe quench a gad of ſteel ſundry times, then take inward barks of the Sole, of the Bramble, and of the young Oak, of each a like quantity, and ſo much as will ſuffice according to the liquor you intend to make; if you uſe three pints of water, a pretty handful of

each bark will ſerve finely ſcraped; when they are well boyled, and one pint is waſted, ſtrain your liquor, and make it into Almond milk, with unblanched Almonds finely grown, then with well boyled Ivy thicken your Milk, and other Rice-broath, and ſeaſon it with Sugar & Cinnamon finely beaten, let the party forbear drink as much as may be, and eat thereof once in two or three hours, a little at once, as her ſtomach will ſerve. If ſhe have any gripe in her belly, I wiſh this to be uſed, which I know to be ſingular good for any ſtoppage by ſudden cold in Child-bed, Gather a great deal of Camomile; and heat it well between two Chargers upon a Chafindiſh of coals, and when the moiſture of the Herb is ſomewhat ſpent, ſtrew in a handful of Cumminſeed, and ſprinkle it now and then with a little Malmſey, and ſo being a little dryiſh, put it into a thin bag, and apply it to the belly as hot as may be ſuffered, and as it cooleth, warm it again, till ſhe have eaſe: inſtead of Malmſey you may uſe Muſcadine. This hath been many times proved.

For a knock or bruise in the Face.

TAke a piece of brown paper, and wet it in beer, and lay it where the knock is, and as it beginneth to dry, lay on a fresh a good while together.

For a Wen.

TAke Stone Lime and put it into water till it have done boyling, then take a quantity of it, and mix it with some barrel Soap, laying them both on a cloth, let it be applied to it, and it will eat away the Wen.

Mr. Potter *Chirurgion. His cure for a man that is bursten.*

TAke the roots of baked Fern, and the roots of Elecampane, of each a like quantity, wash and pare them clean, cut them as small as you can, and stamp them in a morter as fine as you can, and temper it with Oyl of Bay, and two spoonfuls of Oyl of Exeter, and when you have made

the Salve, ſpread it upon his Cod to his Belly, and lay the Plaiſter upon the hole, and remove it every two dayes, and then for the ſpace of ten days, you muſt uſe another Salve or Plaiſter as followeth. Take a quarter of a pound of

and the white of three or four Eggs, and temper them together; and when they are well tempered, put in two ſpoonfuls of Peſcolion, temper all theſe together; and uſe the ſame as you did the former Salve: when you take off the Plaiſter, you muſt lay fine cloaths under the bolſter of the Truſs, untill the skin be grown.

A Medicine to deſtroy Warts.

TAke Radiſh root, and ſhred it thin, and put it in a pewter diſh, and caſt ſalt upon it, and cover it with another diſh, and ſhake the ſlices up and down, and take a piece thereof and rub the Warts therewith, then thow away that and uſe another, ſo three or four times a day.

To

To take away Corns.

TAke Hogs greaſe that is not tried, and beat it with a Peſtle, and ſpread it upon a piece of white Cotton on the rugged ſide, and bind it on the Corns, dreſſing it once or twice a day, and it will wear them away.

To take away Freckles or Morphew.

TAke four ſpoonfuls of *May* dew, and one ſpoonful of the Oyl of Tartar, mingle them together. And waſh the places where the freckles be, and let it dry of it ſelf, it will clear the skin and take away all foul ſpots.

The Lady Nevil *for a ſore Breaſt, by cold feſtring of the Milk.*

TAke of Beans and linſeed, of each little handful, dry them and beat them to powder, then take a quantity of Milk, and the yolk of two new laid Eggs, and boyl them together, and put in the powder

of beans and linſeed, and boyl it to a Poulteſs, and lay it to the breaſt as hot as may be endured, and it will both draw and heal it; dreſs it twice a day.

Dr. Soper *his water for a ſore Eye, or any Defect or decay in the Sight.*

TAke of red, or rather of white Roſe-water half a pint, of Lapis Calaminaris half an ounce, Lapis Lucius as much, beat them both to powder, and finely ſearſe them, the dropping of Dale, Rhenniſh Wine half a pint, Honey half a ſpoonful, mix whole Cloves, Plantain water half a quarter of a pint, of the Drugs of Aloes as much as a Walnut beaten to powder and finely ſearſed, ſhake them very well together half an hour or more, then let them ſtand twenty four hours before you begin to uſe it, ſtop it cloſe, and it will be good for a year; when you uſe it you muſt put in a drop with a quill into the corner of the Eye and let the party lean back a quarter of an hour; uſe it morning and evening.

To

To take a white skin from the Eye that came by some blow, though a quarter of a year since.

TAke the Gall of a white Cock Chicken, and a drop or two of Life Honey, mingle them together in a Sawcer on a few Embers, and drop it three or four times a day into the Eye.

For breaking out of young Childrens heads.

TAke Butter and Salt, and fry it together till it be black; and when it is cold, anoint their head. Or else take pure Sallat Oyl and Vinegar, and beat them together, anoint the place morning and evening till they be whole. Whey made with Agrimony and Scabious, and Wormwood is excellent to clear the blood.

An excellent Medicine for a Scald or Burn newly done.

TAke Horſe-dung newly made, or as new as you can get, and ſtrain it through a thin old cloth, and therewith anoint the place two or three times a day, and every time dip the cloath in the Horſe-dung, ſo ſtrain it, and bind it to the ſore all day and night, it will cure you.

The Counteſs of Arundels *Drink for the Scurvey.*

TAke of Fumitory and Scurvey-graſs, that which grows by the Seaſide, of each twelve little handfuls, of Brooklime three little handfuls, of Watercreſſes ſix little handfuls, waſh and dry them very clean, and ſtamp them, and hang them in three gallons of ſtrong Beer or Ale; when it is ſtale drink a good draught in the morning, faſting an hour after, another an hour before dinner, and another half an hour before you go to bed, the more exerciſe you uſe after

after it the better, it is needful to be well purged, before you take this drink or any other, use it three weeks or a Moneth together, if you cannot have green Fumitory, use it dry.

Paracelsus *his Plaister called* Emplastrum Fodicatonum Paracelsi, *good for many Diseases herein mentioned; translated out of Latine into English.*

TAke of the four Gums, that is to say, Galbanum, Opoponax, of each one dram, Ammoniacum, and Bdellium, of each two drams, let them be beaten very small, and put them in an earthen pot leaded or glazed, pouring upon the same very good Vinegar of Wine, and let them so remain a day and night, then boyl them in the same Vinegar upon a great fire, that the Gums may melt, and when they be throughly melted, pour out the same hot into a bag, wring or press the same, that they may be well cleansed from the dregs, which dregs must be cast away, take the said Liquor so strained out, and let it boyl till the Vinegar be wasted, and utterly evaporated

porated; in the boyling you muſt continually ſtir it without ceaſing, leſt the Gums be burned, keep this very clean and covered, that nothing fall into it, then take Oyl Olive two pound, new Wax half a pound, and let them be put into an earthen pot, well leaded or glazed of a ſufficient bigneſs, ſet the ſame on a fire of coals, and let them melt at leiſure; at the length put into it a pound and half of Lithargy beaten into very fine powder, ſtirring it continually with a ſtick or Spatula by little and little, untill it be throughly mixt together, and the matter be a tawny colour; afterwards take the aforeſaid Gums that were firſt boyled, and put the quantity of a nut into the ſaid matter, and ſo by little and little at ſeveral times, put into it ſuch a like quantity of the Gums at each time, till the Gums be all put in, and mixt well with the other things, and melted. And you muſt take more withal, leſt the matter be overmuch heated, and boyl over and run into the fire, for it is very hot of it ſelf; afterwards put in the things following into it; of the two kinds of Ariſtolochia rotunda, Calaminaris, Myrrhe and Frankincenſe, of each one dram, , beat them into fine powder, that are to be made into powder, and put them into

into the ſaid matter, and pour on it one dram of Oyl of Bays, and put therein laſtly four drams of white Turpentine, boyl them and ſtir them about continually with careful diligence, and when you will know whether it be ſufficiently ſodden, put a little thereof into cold water, and if it be not ſo ſoft that it cleave to your fingers, it is well: otherwiſe it muſt boyl longer, then take it from the fire, and pour it into a baſon full of water, and when it is well cooled, that you may handle it, anoint your hand with Oyl of Camomile or Roſes, and knead it well three or four hours, and lay it up in a cleanſed veſſel, it will laſt above fifty years and be then as good as at the firſt day it was made.

The Virtue of the Emplaiſter out of Paracelſus.

IT is good for old or new ſores; it drieth; cleanſeth, and breedeth good fleſh, it confirmeth and comforteth, it healeth more in a week than other in a month, it will not ſuffer any ſore to putrefie or corrupt, or any dead or evil fleſh to grow; for Sinews cut, bruiſed, or pricked with a Thorn or other

otherwiſe, it is moſt excellent; it draweth out of wounds, Iron, Wood or Lead, and other the biting of venomous Beaſts; it cauſeth all kind of impoſthumes or Biles to ripen, if it be laid thereon; and it is moſt excellent againſt the Canker and Fiſtula, the Shingle or Saint *Anthonies* fire; and alſo a ſoveraign and ſpeedy help againſt all pains, to aſſwage all aches, and for all kind of wounds; alſo I *Thomas Porter* have found often experience, it is ſingular and ſpecial help for bones out of joynt, by laying one or two plaiſters, or three at the moſt: I have healed in fourteen dayes Arms out of joynt, ſo that thoſe parties have ſaid they have had no pain nor weakneſs after. Alſo for thruſts you muſt not tent them, unleſs they matter before you come to them, but only lay of this over it, and two Plaiſters is commonly ſufficient to heal it, or any other ſore or ſwelling; but if dead fleſh be in a ſore before this plaiſter be laid on, it will not deſtroy it, but it muſt be pluckt out; but if it find none it will ſuffer none to breed. When you lay up this Plaiſter, put it in oyled paper or oyled leather, or both, it will keep it the better from overmuch drying, and you muſt lay it out of the Sun and Wind.

For the biting of a mad Dog, or ſtinging of an Adder.

TAke a handful or more of Hazle-Nuts; a quarter as much of Rue, with a Clove of Garlick, ſtamp them all together, then take the juyce, and put alittle Treacle to it; and if it be a man that is ſtung or bitten, give it him to drink in Beer or Wine, or Ale; but if a Dog, give it in milk; then take that from whence the juyce came and bind it to the place which was bit or ſtung.

For the biting of Snakes.

STamp Garlick, and lay it to the place that is bitten.

Dr. Lukeners, *for one that is ſtung with Waſps.*

MAke a little Plaiſter of Treacle, and lay it upon the place that is ſo ſtung, and it will help it.

An

An Oyntment for a great or hard Belly, by Ague, Worms, or Spleen.

TAke the fineſt common Wormwood, Garden Tanſey, Featherfew, Lavender, Cotton, Southernwood, unſet Leeks, blades and all, parch leaves, herb grace, of each one little handful, waſh them and dry them, then take a good pound of Barrows greaſe, and ſtamp all in a wooden diſh, then ſet them eight or nine dayes in a Cellar, or low place till they have a hoar all over them, then break them all together, and put them into an earthen pot, and ſet them on a ſoft fire, and let them boyl a good hour, then ſtrain them through a clean cloth into a Gallipot or glaſs, and ſo keep it for a precious Oyntment, it will laſt a year well; when you uſe it, you muſt warm it, and anoint the belly of the Patient morning and evening. Proved by Mrs. *Joyce*, Widow.

The

The old Lady of Oxfords *Oyl of* Exceſter, *which is good for all manner of cold Gouts, Sciatica, and all manner of aches in the Fleſh and bones, and alſo for Bruiſes. Proved.*

TAke one pound of Cowſlip-flowers picked out of their caſes, gathered in *April* on a fair day when the dew is gone, and ſouſe them in Oyl Olive, ſo much as will cover them, let them lye in it till *June* in a glaſs,; then take Calamint, Hearb John, Sage, Agrimony, Southernwood, Pellitory of *Spain*, Roſemary, Wormwood, Pennyroyal, Lavender, Cammomile, Hirſe, Lawrel leaves, flower of Lillies, Pelitory and Featherfew, the tenderneſs of the Ivy and Broom-flowers, of each one little handful; ſtamp them all together well, and then infuſe them in white-Wine, ſo that they may be covered all over therein, ſo let them remain fourteen or fifteen hours, then put them in Oyl Olive ſo that the liquor may near ſwim, ſo boyl it together on a ſoft fire, and ſtir it well till the rawneſs and wetneſs of the Oyl be gone, then ſtrain it through a Canvas cloth into a pewter diſh, or glaſs, for earth nor wood will not hold it and

and uſe it for a ſingular good Oyntment, and above all other approved. If there be any pieces in the pan which the ſaid Oyl is boyled in, it will run out, after the herbs are once hot; it muſt be continually ſtirred on a very little fire, no more than an Egg will abide without breaking.

To make a Sear-Cloath againſt Swellings and Aches. Approved.

TAke Bloom flowers two little handfuls, red Bramble leaves one little handful, this Bramble beareth but three leaves together, and groweth low on the ground, take it off on the middle leaf, a piece of unwaſhed Butter, and pound the herbs aforeſaid with two or three Cloves, and then boyl them in Butter, and ſtrain, and take a piece thereof with a little piece of Wax, and being melted together, make a Sear-cloath with it, alſo take Oyl of Broom, Bramble, and Butter, and temper it with a little *Aqua vitæ*; it is good againſt Aches, to be uſed and rubbed on the Aches in the morning, but not at night.

The

The Lady Leonards *green Oyntment.*

TAke red Sage leaves, and Rue, of each one pound, the youngeſt Bay leaves and Wormwood, of each half a pound, gather theſe in the heat of the day, pick them; waſh them not, cut them ſmall, and beat them long in a fair Morter, then take half a pound of Sheeps ſuet hot from the Sheep, mince it ſmall, and put it to the herbs, beat it together till it is all of one colour, then put all into a clean bowl, put it to a pottle of the beſt Oyl Olive, work all theſe well untill all become a like ſoft, then put it into an earthen pot well ſtopt for eight dayes; then with a ſoft fire ſeeth it in a fair pan, put to it four drams of the Oyl of Spike, when it is half ſodden; being ſodden, ſtrain it through a clean Canvas into clean Gallipots ſtopt cloſe with Parchment and double ſheeps leather, anoint the place grieved therewith, rubbing it every day before you leave it, if you put a clean warm cloth after you have anointed the place thereon it is better: this is made only in *May*, and will laſt many years being cloſe ſtopt, and cool kept.

The

The Lady Smiths remedy to bring a young Child again when it is born.

TAke a little Coventry Blew thread, burn it, and hold it to the Childs Noſe, that the ſmoak may go up.

To bring away the after-burden, although a day or two after the delivery.

TAke Rye and crede it as you do Wheat for Furmity, and make a Caudle of it ſo let her drink a good draught once or twice. This is proved.

For one bound in body, though a woman with Child.

TAke a pint of white-Wine, a quarter of a pint of Damask Roſe-water, twenty Damask Prunes, forty Raiſins of the Sun ſtoned, a little whole Mace, and a few Aniſeeds tied in a cloath; let theſe boyl leaſurely

ſurely together, and put thereto either Sugarcandy or fine Sugar, and when it is boiled to a Syrup, take out a little of it, and ſtrain it through a fine cloath with a little Manna, and put into the Syrup and let it ſimmer together a good while; then put it into a glaſs, it will keep good a good while, as half a year, and when you have occaſion to uſe it, you muſt take one of the ſaid Prunes, and two or three Raiſins, and eat them in the morning faſting, and take a ſpoonful alſo of the ſaid Syrup faſting two or three hours after the ſame.

Dr. Atkinſons *Glyſter for the Wind.*

TAke Camomile, Millows, Violet leaves, Bert-leaves, Bean and French Barley one little handful, of Fennil-ſeed and Aniſeed each two ſpoonfuls; boyl all theſe together with a Rack of mutton till the fleſh be very tender; then take a pint of the fatteſt liquor ſtrained, and put into it two drams of the Oyl of Rue, or Oyl of Camomile, and for want thereof a little diſh Butter melted, two drams of courſe Sugar, and one or two yolks of Eggs.

To bring away a dead Child or after burden.

TAke Saffron, Mace and Cinnamon beat them to powder, and ſearſe them, and take of the powder a juſt quantity, give as much as will lie upon the point of a knife in Ale, Beer, or one ſpoonful of what they beſt like.

A gentle Purge which taketh away a Tertian Ague, being given the fourth fit. Proved.

TAke a dram of Rhubarb, and infuſe it in Succory water ſix ſpoonfuls, three hours together on a very gentle fire, then ſtrain it, and put in it half a dram of Syrup of Rhubarb, three ſpoonfuls of Syrup of Roſes, and a ſpoonful of Cinnamon water, take this faſting after the fourth fit when they are not ſick; if this be too weak to purge a ſtrong body, add thereunto two or three drams of the leaves of Sena, with a few Fennel ſeeds to quicken it more; if it be alwayes made with this addition, it is the better.

The Lady Gorings *Water for an Ague, ſickneſs or foulneſs in the Stomach, and to purge the Blood.*

TAke dung of a ſtone-horſe that is kept in the ſtable when it is new made, mingle it well with Beer and a little Ginger, and a good quantity of Treacle, and diſtill in an ordinary ſtill; give of this a pretty draught to drink.

The Lady Gorings *Remedy for a Burn or Scald.*

TAke Hogs fat, or Seam made of it, melt it, but let it not boyl, put into it the white of a new laid Egg, or two well beaten; and ſtirr it continually on Embers till it be like an Oyntment; keep it for your uſe, anointing the ſore twice a day with it.

The Lady Gorings *Remedies for a ſharp Urine.*

BOyl running water with Liquoriſh, till it be ſomething ſtrong of it, boyl alſo in it a pippin or two; when it is boyled, put in alſo ſome brown Sugarcandy, drink of it every morning faſting a pretty draught.

Ford eaſneſs. Proved.

TAke Linſeed Oyl and *Aqua vitæ*, ſhake them together in a glaſs bottle, and ſet it in the Sun a moneth or five weeks, ſhake it well every day, and when you uſe it, put a little into the ear, and ſtop it with a little black Wool.

An approved Receipt to ſtop bleeding at the Noſe, Wound or Cut, in Man or Beaſt.

TAke the flax of a Hare, the Moſs of an Aſh tree, and powder of Bolearmonick, chop them together, and wet them a little with fair water, and put it into the Noſtril that bleeds, and ſtir it not in twenty four hours; if it be of a cut or wound, look firſt if there be not little pieces of looſe fleſh or skin that hangs; if there be, clip it away, or elſe the blood will not ſtay, then lay the aforeſaid Medicine to it, and ſtir it not in twenty four hours.

The Lady Nevils *Remedy for the Stone.*

TAke the Herb Aurea or Gold Wire, dry it and keep it all the year, and every fall of the Moon take a ſpoonful of the Powder in ſix ſpoonfuls of Milk and water, and one of white-Wine, or you may take it in Plantain water, or Vervine water, or any that is good for the Stone, it is alſo good to take it in the fit.

The Lady Mildmayes *Drink for a Cough or Cold.*

TAke of Liquoriſh ſcraped and ſliced, of Anniſeeds rubbed and bruiſed, of Raiſins of the Sun ſtoned, of Figs ſliced, of Hyſop tops, of each, one little handful, and a great handful of Coltsfoot; boyl all theſe in a gallon of running water, until two or three parts are conſumed, then ſtrain it, and ſtir it in three or four good ſpoonfuls of Honey; take this in the morning faſting, at four a clock in the afternoon, and when you go to bed, four ſpoonfuls at a time warm.

Mrs. Chaunce *her Receipt for the Spleen and Melancholy, the Preparative.*

TAke of the roots of Parſley, Fennil, Bruſcus, Sparagus, of each four ounces, the ſeeds of Fennil, Anniſe, and Caraway, of each a dram and half; of the bark of Capers and Tamarisk, of each an ounce and half, of the leaves of Mugwort, Borage,

rage, Bugloss, of each one little handful, of Cetrarch and Dictamum each of one little handful; boyl all these things in three pints of Conduit water till half thereof be consumed, then strain it and put to it Syrup of Harts-tongue, and Syrup of Succory, and Rhubarb in powder or sliced, of each four ounces, then let it stand all night, and the next day clarifie it, and after put to it the Spices of Letificans Galeni, and Diamuscum Ducle, each two scruples, take of this in the morning fasting six ounces, and as much an hour before supper, take it thus two dayes together, then take the purge following.

Mrs. Chaunce *her Purge.*

TAke of Senna three drams, of Epithimum and Polypody of the Oak, each two drams, of Fennil, Annise, and Caraway seeds, each a dram and a half, Cardus seed two scruples; boyl them all in a sufficient quantity of Conduit water, untill it come to three ounces, then put to it of Rhubarb a dram and half, infused in Succory water, of the Syrup of Augustanus, and syrup of harts-

tongue each one ounce, to make a potion, and take it three times every third day take one of theſe, and take it at night when you go to bed, of Diaſcordium two ſcruples of Alkermes diſſolved in Borage water one dram.

Mr. Powel *for the Stone and Cholick.*

TAke the quantity of half an hazel-nut kernel of Mithridate, and ſo much black Sope, and mix them together, and take a broad Onion and cut off the top, and make it ſomewhat hollow, and put the black Sope and Mithridate in it, and cover it with the piece you cut off, wrap it in paper, and roſte it in embers until it be very ſoft, then put it between two linnen cloaths warm, and lay it to the Navil, and pin the clothes upon the back; ſo uſe it till you find eaſe.

Mr.

Mr. Rowland Haughtons *Receipts for the cure of the Stone.*

TAke Arſemart, otherwiſe called red ſhank, and diſtill it, and take it in the evening when you are warm in bed, to the quantity of half a pint, and the like in the morning a little before you riſe, about ſome four times, then take Barberries, and take the outſide rind of them and beat them into very fine powder and take evey morning and evening, and drink either a draught of the ſaid water or ſmall beer after it; continue this, and it will cure you.

For an Ague congealed, or fallen into a Womans Breaſt.

TAke a quantity of ſtone-Honey, and the ruſtieſt Bacon you can get, Smallage, Alexander red Cole, Marigolds with black ſeeds of Grounſel, Plantain, and Sage, of each a quantity; put all theſe in a mortar, and ſtamp them as ſmall as you

can, then lay the Salve upon a piece of white Leather, and to the place where you would have the Breaſt break; the plaiſter muſt be ſpread upon the rough ſide of the Leather.

An approved Medicine by the Lady Bray *for the Ague falling into any part of the Body.*

TAke of Parſley one little handful, Smallage and Hemlock of each as much, chop them ſmall, then ſtamp them and put thereto a quantity of Barrows greaſe, and ſtamp them all together, then boyl them a good ſpace, ſtirring it continually untill it wax green, then ſtrain it; and when you uſe thereof, take ſome in a ſaucer, and anoint the place with a feather againſt the fire.

The Lady Arundels *special Remedy for the Stone, Back, or Stomach, or to make a Woman conceive.*

TAke the roots of Sea-holly, (it groweth by the Sea-side like little Trees of half a yard long, some name them Eringoes) and make it in sirup, and eat of it in the morning fasting, and at four a clock in the afternoon, and before you take it, take some gentle Pills, but once in the beginning.

The Lady Dacres *Medicine proved, for the Stone and Strangury.*

TAke black Bramble berries when they be red, Ivy berries, the inner pith of Ashen Keys, Eglantine-berries, the Nut Keys, the roots of Filipendula, of all these a little, Acorns, and the stones of sloes, of each a like quantity, but not so much of either of these as half of any of the other, dry all these in Platters in an Oven, till they will be beaten to powder, then take Cro-

Cromel-ſeed, Anniſeed, Saxifrage, Alexander, Parſley, Coriders, Fennil-ſeeds, the ſeeds of each of theſe the like quantity of the firſt, and dried it in like ſort, then beat all together in the like ſort to fine powder, then take Liquoriſh fair ſcraped the beſt you can get, as much in quantity as all theſe, and beat it fine, and mingle it with the powder, and keep it cloſe from the wind, and ſo uſe it morning & evening with poſſet-Ale, with Time of the Mount boyled in it, make your poſſet-drink with white-Wine, or other drink, and when you eat any pottage or other broth, put ſome of the powder in it if you be ſore pained, and if you have a ſtone, it will come away in ſhivers, and if it do ſo when you drink, your water is clear, take this drink following, and it will leave no corruption or uncleanneſs in the bladder.

The Drink.

TAke Roſemary and wild Time, and ſeeth them in running water with as much Sugar as will make it ſweet, boyl it from a quart to a pint, uſe the quantity of

of the Herbs to your discretion, so that it may savor them well, and use it nine mornings, six or seven spoonfuls at a time.

Mr. Eldertons *Medicine for the extremity of the Cholick and Stone.*

TAke Ashen Keys, and dry them in an Oven, take out the kernel from the husks, beat them into powder, and searse them fine and keep it; then take Eglantine berries, dry and beat them as the other, then take of them with a feather, then searse it as above, take House-leek, dry and searse it as the other, take a little quantity of the three powders, and put them together, take Annisseeds and Liquorish, of each a little quantity, dry them severally and powder them, being fine searsed, put them with the other three powders, a little quantity of both, and take a spoonful of these powders or less, and mingle all together, and put into it three or four spoonfuls of white-Wine or Ale, and drink it in the morning, fasting one hour after it: thus drink it once in six dayes, or else when you are grieved,

and you ſhall never find pain of the Cholick nor Stone. The ſeed of great Nettles muſt be beaten to powder, and mixt with them, and it will be better.

For a Pin or Web in the Eye-far gone.

TAke the marrow of a Gooſe-wing, and mingle the powder of Ginger therewith, dreſs the Eye therewith two or three times a day.

A Medicine for the Eye-aching, or redneſs thereof.

TAke a Viol glaſs, and fill it full of fair running water, and put into it fine Sanguis Draconis, the quantity of a Hazle-nut, it will help the eye.

For

For ſore Eyes that come from hot humors.

TAke Elder-leaves, and chafe between your hands, and lay it to the Nape of the Neck.

For the Pin and Web in the Eye, ſo it be taken before the ſight be quite extinct

TAke a little handful of three leaved graſs, that hath the ſign of the Moon in it, as much roots and leaves of Daſies, and ſeven or eight corns of Bay-ſalt, beat all theſe together, then ſtrain them through a cloth, and take two new laid Eggs, and beat the whites of them a good while, then let them ſtand a quarter of an hour, and then take off the froth clean, and take the clear of the whites, as much as the quantity of the juyce of the ſaid herbs, then take the quantity of two Hazle Nuts of Engliſh Honey and ſtir them together, and let the party be laid upright, then drop three drops with a feather into the Eye, and lye ſtill a good while after; this muſt be uſed at leaſt twice a day.

For

For red Eyes, Pearl, Pin, or Web.

TAke Verjuyce that is made of Grapes, and put it morning and evening into the ſore Eyes; ſome will put a little Salt with it.

Dr. Friers *excellent Remedy for heat, and Pimples in the Face.*

TAke of Plantain leaves four little handfuls, and of Mallows or Tanſey one little handful, of Cinqueſoil half a little handful, and as much of Strawberry leaves, there muſt be this quantity of every ſort; when they are pickt clean, then take a pottle of new Milk from the Cow, and put it in a ſtill, with the ſame Herbs, untill it be dropped a quart, then let it drop no more; you may keep it a whole year in a glaſs, when you uſe it wet a cloth in ſome of it, and waſh your face at night in bed, and often in the day; the beſt time to fill it is in *May*.

For

For heat and scurf in the Face.

TAke a pint of Cream as thick as can be scummed, then take of Cammomile one little handful, pick, wash, and shred it very small, then put it into the Cream, and let it boyl very softly till it comes to an Oyl, never stirring it after the putting in the Herbs at first, but scum it clean when you see the Oyl come to the top; then let it boyl a little faster, and strain it through a fine linnen cloth, and then anoint the face therewith.

A very good Medicine for a Tetter.

TAke red Dock roots, wash them, scrape them, and cut them into slices, and lay them in white-Wine Vinegar a night or a day, and then use it to the place grieved, washing the place with the root, and the liquor many times.

To skin the rawneſs of a womans Nipple.

TAke a Deers foot, and take the Marrow thereof, and anoint the Nipple therewith.

To dry up Milk in a Womens Breaſt.

TAke a quantity of *Aqua vitæ*, and a quantity of ſweet Butter, melt and temper them together, and anoint the Breaſt therewith, laying a brown Paper betwixt them, and ſo do as often as the paper drieth, till the Milk be dried up; this is alſo good to keep the Ague out of the Breaſt.

To make a woman have a Nipple that hath none, and would give ſuck.

TAke a wicker bottle that hath a little mouth, and fill it full of hot water, and ſtop it cloſe till the bottle be through hot,

hot, then let out the water, and ſet the mouth of the bottle cloſe to the Nipple; as long as there is any heat in the bottle it will cleave faſt.

To heal the Nipple of a Womans Breaſt.

TAke a quantity of Cream, and put it into the juyce of Valerian ſtamped and ſtrained, and as much of the juyce of Sea-green uſed in like ſort; boyl all theſe together till it come to be as Butter, then take it and put it into a box, and anoint the Nipple therewith three or four times a day, and lay a Walnut-ſhell, or ſome other hollow thing over it to keep the clothes from it till it be whole, or elſe make a Poſſet-Ale of Allom, and lay the curd to the Nipple warm, till the Child doth ſuck, and then lay on again.

A Medicine for Worms in young Children.

TAke a Plaiſter of white Leather, or brown Paper, and ſpread it with Honey, warm it a little againſt the fire, but firſt ſtrew ſome of the beſt Aloes Succotrinæ there-

thereon, then lay it all over the Stomach of the Child warm; the like Plaiſter is to be laid on the Childs Navil at the ſame time; if you have no Honey, mix the juyce of Plantain, and lay it on the Leather.

Dr. Foſters *Infuſion purging Choler.*

TAke Damask Roſes two ounces, of Rhubarb two drams and a half of Spikenard one ſcruple, of Orcin one Scruple, cut all ſmall, and infuſe in a quart of quarified whey all night, in the morning ſtrain gently, and put to it one ounce of Syrup of Roſes or Syrup of Violets.

Dr. Foſters *Infuſion purging Melancholy.*

TAke Fumitory, Epithymum, flowers or leaves of Borage and Bugloſs, of each a good half handful, Polypody of the Oak one ounce, Sena half an ounce, Fennil-ſeed two drams, Whey three pints; infuſe and boyl to a quart, whereunto add two ounces of Syrup of Roſes ſolutive; the doſe is half a pound, you may quicken a draught with a dram of Electuary of Roſes.

An

An opening purging Juleb and cooling, for Choller and hot humours.

TAke of Barley two little handfuls, and Savory with the roots, Maiden hair, Liverwort, Sorrel, each half a good handful, of roots of Graſs, of Fennil, each half an ounce, of the four cold ſeeds, each two drams, boyl them in a ſufficient quantity of Succory water unto ſixteen ounces, in which infuſe half an ounce of Sena, Tamarindes and Polypody, of each three drams; Jalap and Hermodactils, of each two drams, Fennilſeed, Anniſeed, and Liquoriſh, of each one dram, Currans bruiſed half an ounce, of Borage, Bugloſs, and Roſemary flowers, of each one dram; infuſe theſe warm, then boyl them untill five ounces of the Succory water be conſumed, then ſtrain it, and add the expreſſion of four ſcruples of Rhubarb infuſed in three ounces of Manna, and Syrup of Roſes one ounce, of the Chryſtals of Tartar one dram, mingle them; the Doſe is four or five ounces every morning.

Dr.

Dr. Mores *Powder, or groſly prepared Drug, to be taken in Mornings, and after Meals, to mend Concoction, comfort the Brain, break Wind, and make ſweet Breath.*

TAke Liquoriſh cut ſmall, Anniſeed Comfits with one skin of Sugar, of each two ounces, ſweet Fennil-ſeed Comfits with one skin of Sugar, Coriánders prepared, and Caraway-ſeed, of each one ounce of white Ginger, Cinnamon, Calamus Aromaticus, and Nutmegs, of each one ounce, cut very ſmall, of the Lozenges of Aromaticum Roſatum, of Manus Chriſties, with Chymica, Oyl of Cinnamon, Cloves and Lozenges of Diambra cut into ſmall pieces, each half an ounce, to be taken about a ſpoonful at a time aforeſaid.

Lucatello's *Balſom, admirable for all Wounds.*

TAke Venice Turpentine one pound, Oyl-Olive three pints, Sack ſix ſpoonfuls, yellow Wax one pound, natural Balſom half an ounce, Oyl of St. Johns wort, red Sanders powdered, of each one ounce, waſh-

waſh the Venice Turpentine three times in red Roſe-water, then ſlice the Wax thin, and ſet it on the fire in a big skillet, and when it is well molten, put the Turpentine to it, and ſtir them well together till they boyl a little, take it off the fire, and let it cool till the next day, then cut it into thick ſlices, and pour all the water out of it, then ſet it on the fire again, and when it is molten, ſtir it well, and put it into the aforeſaid Oyls, Sack, Balſom and Sanders, and ſtir them well together till they may incorporate, then let it boyl again for a ſhort ſpace, take it off the fire, and ſtir it well for the ſpace of two hours, that it may become thick, and when it is cold, put it up in ſeveral Gallypots, and when you uſe it, apply it tented into a deep and hollow wound; if it be only a ſlight cut, anoint the wound with it, and bind it faſt on with the cloth.

A Purge by Dr. Mayhern.

TAke of the beſt Sena ſix drams, Rhubarb two drams, Cream of Tartar half a dram, of ſweet Fennilſeed as much, and a little Cinnamon; infuſe all theſe one night in half a pint of white-Wine, in the morning let it boyl one walm or two, ſtrain it, and put of the beſt Manna an ounce, diſſolve it over the fire, then ſtrain it again, then put to it an ounce of Salatine, Syrup of Roſes, ſo drink it, faſt two hours after from meat and drink, and ſleep, and then drink nothing but thin broth.

An approved Medicine to beautifie the Face, or to take away pimples or heat in the Face.

TAke a fair earthen Pipkin, and put into it a pottle of clean running water, and an ounce of white Mercury beaten to white powder, then ſet it on the fire and let it boyl untill one half be conſumed, and keep it cloſe covered ſaving when you ſtir it,

it, then take the whites of ſix new laid Eggs beaten half an hour or more, and put it into the liquor, after it is taken from the fire, you muſt put in alſo the juyce of Lemons being very good, and half a pint of new Milk, and a quarter of a pound of bitter Almonds blanched and beaten, with half a pint of Damask Roſe-water; ſtrain all theſe together through a ſtrainer, and let it ſtand three weeks before you uſe it, and I will warrant you fair.

An excellent water for the eyes that are red or full Rheum.

TAke young Hazle Nuts, when they are ſo ſoft that you may thruſt a pin through them, ſtill them in a Roſe ſtill, husks, ſhells and all, and with the water waſh your Eyes.

To cure a Wound, though the Patient be never ſo far off.

TAke a quart of pure Spring water, and put into it ſome Roman Vitriol and let it diſſolve, then if you have any blood of the wound either in linnen or wollen, or ſilk, put the cloth ſo blooded into the water and rub the cloth once a day, and if the wound be not mortal the blood will out, if it be, it will not. Let the Patient keep his wound clean, waſhing it with white-wine; when ever you waſh the cloth, the Party wounded ſhall ſenſibly find eaſe; let the cloth be conſtantly in the water.

To make Oyl of Swallows.

TAke Swallows as many as you can get, ten or twelve at the leaſt, and put them quick into a Morter, and put to them Lavender, Cotton, Spike, Cammomile, Knot-graſs, Ribwort, Balm, Valerain, Roſemary tops, Woodbine tops, ſtrings of Vines, French Mallows, the tops of Ale-hoof, Strawberry ſtrings, Tutſane, Plantain, Walnut leaves, tops of young Bayes, Hyſop

ſop, Violet leaves, Sage of vertue, fine Roman wormwood, Brooklime, Smallage. Mother of Time, of each of theſe a handful, two of Camomile, and two of red Roſes, beat all theſe together, and put thereto a quart of Neats-foot Oyl, or May Butter, ſtamp them all togethr, and beat them with one or two ounces of Cloves, and put them all together in an earthen pot, ſtop it very cloſe with a piece of dough round about, ſo cloſe that no air can come out; ſet them nine dayes in a Cellar, and then take them out, and boyl them ſix or eight hours on the fire, or elſe in a pan of water; but firſt open your pot, and put in half a pound of Wax white or yellow, whether you will, and a pint of Sallat Oyl, and ſtrain them through a Canvas cloth.

To make Lead Plaiſter.

TAke two pound and four ounces of the beſt and greeneſt Sallet Oyl, with a pound of good red Lead, and a pound of white Lead, beat them well into duſt, then take twelve ounces of Caſtle-ſope, incorporate all theſe well together in a well glazed and great earthen pot, that

the Sope may come upwards, ſet it on a ſmall fire of coals the ſpace of one hour and a half, always ſtirring it with an Iron ball, or round pummel; then make your fire ſomwhat bigger untill it be the colour of Oyl, then drop a little on the Board, and if it cleave neither to your finger nor the board, then it is enough; then take the clothes and make them into what breadth or ſize you pleaſe in Sear-cloth, let not your cloth be courſe, but of a reaſonable new Holland, and when you have dipped them, then rub them with a ſlick-ſtone, it will laſt two years, and the older the better, as long as it will ſtick it is good.

The Virtues of the Leaden Plaiſter.

1. IF it be laid to the ſtomach, it provoketh appetite, and taketh away any grief in the ſame.

2. If laid to the belly it is a preſent remedy for the ache.

3. If laid to the Reins of the back, it cureth and healeth the bloody Flux, the running of the Reins, heat in the Liver, or weakneſs of the back.

4. It healeth all bruiſes and ſwellings, it

it taketh away aches, it breaketh Felons, Puſhes, and other Impoſthumes and healeth them.

5. It draweth out any running humor without breaking of the skin, and being applied to the Fundament, it healeth any diſeaſe there growing.

6. The ſame laid to the Head is good for the Eyes.

7. The ſame laid to the belly of a Woman, provoketh the Terms, and make apt for Conception.

For the Stone and Gravel.

TAke and dry the roots of red Nettles, make them into powder, and drink a ſpoonful of powder in a draught of white-Wine ſomething warm, and it will break the Stone though it be never ſo great, with ſpeed; uſe it every day untill the Stone and Gravel be all broken and conſumed. A thing of ſmall price, and great vertue.

A Drink to purge the Body, being very good for them that have the Scurvey, or are inclined to it.

TAke a pottle of fine running water, and a pint of Rheniſh Wine for a young body, and for an elder take a quart, ſet it on the fire, put into it three or four ſlices of Horſe-radiſh, a great handful of Water-creſſes and a handful of Brooklime, both a little bruiſed, ſlice in two or three Oranges, outſides and inſides, let them boyl all together better than half an hour, then have ready a greater quantity of Scurvey graſs bruiſed, or a pint of the juyce of Scurvey-graſs ready ſtrained, and put into it the liquor, and ſet it over the fire again, then there will ariſe a curd, which being taken off, put into the drink when it is cold three or four Lemons, more or leſs, as beſt pleaſeth the taſte, ſweeten it with Sugar, and drink a Wine draught in the Morning, and at four a clock in the afternoon, and then walk and uſe ſome exerciſe after it. The party that hath the Scurvey, and whoſe legs are much ſwelled; may put into the drink ſome Juniper berries bruiſed, half an ounce or thereabout.

Dr.

Dr. Bates *his Medicine againſt a Conſumption.*

TAke Liverwort two handfuls, Succory ſix, Endive, Borage, Coltsfoot, of each ſix handfulls, ſhred theſe finely, put them in a gallon of new milk, let them ſteep all night, in the morning diſtill them in a glaſs ſtill, then take three ſpoonfuls of red Roſe-water, three ſpoonfuls of this water, with half a pint of red Cows Milk and as much ſugar of Roſes as will ſweeten it.

To make Gaſcoin Powder.

TAke the black tips of Crabs Claws, gotten when the Sun is in *Cancer*, pick out from within them all the fiſh; beat them to as fine a powder as you can, then ſearſe it through a very fine ſearſe, take an ounce of this powder, and put to it half an ounce of the Magiſtical of Pearl, and as much of the Magiſtical of Coral, mix them well together, then put a little Roſe-water in a glaſs, in which you muſt hang a little Saffron in a bag, and a little Musk and Ambergreece in another; let them hang in Roſe-

water two or three dayes, till the virtue of them be gone into the water, then put your powder either into a ſilver Porringer, or a white earthen one, and put as much of the Roſe-water as will moiſten your powder, then dry it in the Porringer by a gentle fire, and ſo wet your powder three or four times and as often dry it, after this make a Gelly as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tail, above his Navel, pull off his skin, and with a clean cloth rub it dry, and ſo you may hang them up, and take two of thoſe and ſlice them ſmall with a little harts-horn, and make a Gelly of them, you need not make much, then when your powder is dry, wet it three or four times with this Gelly, and as often dry it,and at laſt put no more Gelly than will moiſten the powder, then make it up in balls as big and as little as you pleaſe, and dry them in a ſtove, and ſo keep them all the year.

Take of this Powder twelve or fourteen grains, either dry or in a ſpoonful of ſmall Beer, in which there is a little Syrup of Clove-gilliflowers.

Certain

Certain Plaiſters and their uſes.

1. EMplaſt. *Deminum* two pound; it is good for all kind of bruiſes or biles: or old ſores, *&c.*

2. *Emplaſt. Mellilot* two pound; it is good for all ſorts of green wounds, or bruiſes or ſwellings, or to breed fleſh being wanting.

3. *Diapalma* two pound; it is a very fine drying Plaiſter, and a good defenſive to defend wounds from Inflamation, *&c.*

4. *Oxicroceum* four ounces; it is an extraordinary good warming Plaiſter for broken bones, or any cold cauſe; *&c.*

Certain Oyntments and their uſe.

1. UNguentum *Daithea* one half pound, it is good to aſſwage pain, diſſolve ſwelling or hardneſs.

2. *Unguentum Populeon*; it is a great cooling Oyntment for fire, or any great inflamation, or any burning.

3. *Unguentum Album* ſix ounces; a fine cooling skinning Oyntment to mix with others, *&c.*

4. *Unguentum Nervinum* four ounces, it is good for all cold cauſes of the Sinews or Joynts.

5. *Unguentum Tutiæ* two ounces; good for watring ſore eyes.

6. *Unguentum Baſilicon* ſeven ounces; good to fill hollow ulcers with fleſh, and apply a Plaiſter on the top of it.

7. Balſom two ounces; good for all ſorts of green wounds, being put in warm.

A Receipt of the Oyl of St. Johns-wort.

TAke a quart of the beſt white-Wine, infuſe therein pickt flowers of Saint Johns wort, then ſtow thoſe flowers very dry, and put in more into the ſame Wine, infuſe them again, ſo long that the Wine be very ſtrong and red coloured with the Saint Johns wort, then ſtrain out the Wine clear from the flowers, put thereto a pint of the beſt Sallet-Oyl, a quarter of an ounce of Cinnamon bruiſed, a quarter of Cloves bruiſed, one race of very good Ginger ſliced, one good handful of the yellow flowers of Saint Johns-wort pickt very clean; boyl all theſe on a very ſoft fire, till the wine be all evaporated;

evaporated; when it is almoſt boiled, put one good ſpoonful of pure Oyl of Turpentine, let that boyl in it a little, ſo keep it for your uſe, the elder the better.

A Receipt for an extraordinary waſting for the Back, and for the Stone and Strangury, uſed by Juſtice Hutton.

TAke Plantain and Ribwort, diſtill them in an ordinary Roſe Still; when you have occaſion to uſe it, take Pippins and roſte them, and take away the skin and core, and put them into the water, making thereof a Lambs-wooll as thick as you pleaſe, ſweeten it with Loaf-Sugar, the ſweeter the better, take thereof half a pint when you go to bed, and this do nine or ten nights together, eſpecially when you feel an heat in the Back.

For the Teeth.

IF you will keep your teeth from rotting, or aching waſh the mouth continually every morning with juyce of Lemons, and afterward rub your teeth with a Sage leaf, and waſh your teeth after meat with fair water.

To cure the Tooth-Ach.

1. TAke Maſtich and chew it in your mouth till it is ſoft as Wax, then ſtop your teeth with it, if hollow, there remaining till it is conſumed, and it will certainly cure you.

2. The Tooth of a dead man carried about a man, preſently ſuppreſſes the pains of teeth.

FINIS.

THE

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FINIS.

A QUEENS Delight

OR,

THE ART OF

Preſerving, Conſerving, and *Candying.*

As alſo,

A right Knowledge of making PERFUMES, and Diſtilling the moſt excellent Waters.

LONDON, Printed for *Obadiah Blagrave* at the Sign of the black Bear in St. *Pauls* Churchyard, 1679.

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A QUEENS Delight.

Of Conſerves, and Preſerves, Candying and diſtilling Waters.

To preſerve white Pear-Plums or green.

TAke the Plums, and cut the ſtalk off, and wipe them, then take the juſt weight of them in ſugar, then put them in a skillet of water, and let them ſtand in and ſcald, being cloſe covered till they be tender, they muſt not ſeeth when they be ſoft, lay them in a Diſh and cover them with a cloath, and ſtew ſome of the ſugar in the glaſs bottom, and put

put in the Plums, ſtrewing the ſugar over till all be in, then let them ſtand all night, the next day put them in a pan, and let them boyl apace, keeping them clean ſcummed and when your plums look clear, your ſyrup will gelly, and they are enough. If your plums be ripe, peel off the skins before you put them in the glaſs; they will be the better and clearer a great deal to dry, if you will take the Plums white; if green, do them with the rinds on.

To preſerve Grapes.

TAke Grapes when they be almoſt through ripe, and cut the ſtalks off, and ſtone them in the ſide, and as faſt as you can ſtone them ſtrew ſugar on them; you muſt take to every pound of Grapes three quarters of a pound of ſugar, then take ſome of the ſower Grapes, and wring the juyce of them, and put to every pound of Grapes two ſpoonful of juyce, then ſet them on the fire, and ſtill lift up the pan and ſhake it round for fear of burning to, then ſet them on again, and when the ſugar is melted; boyl them as faſt as you can poſſibly, and when they look very clear, and the

the Syrup ſomewhat thick, they are enough.

To preſerve Quinces white.

TAke a pair and coar them, and to every pound of your equal weights in Sugar and Quince, take a wine pint of water; put them together, and boyl them as faſt as you can uncovered; and this way you may alſo preſerve Pippins white as you do Quinces.

To preſerve Reſpaſs.

TAke a pound of Reſpaſs, a pound of fine Sugar, a quarter of a pint of the juyce of Reſpaſs, ſtrew the Sugar under and above the Reſpaſs, ſprinkle the juyce all on them, ſet them on a clear fire, let them boyl as ſoftly as is poſſible, till the ſirup will gelly, then take them off, let them ſtand till they be cold, then put them in a glaſs. After this manner is the beſt way.

To preſerve Pippins.

TAke fair Pippins, and boyl them in fair water till they be ſomewhat tender, then take them out and peel off the skin and put them into a fair earthen pot and cover them till they be cold, then make the Syrup with fair water and ſugar, ſeeth it, and ſcum it very clean, then being almoſt cold, put in your Pippins, ſo boyl them ſoftly together, put in as much rine of Oranges as you think will taſte them, if you have no Oranges take whole Cinnamon and Cloves, ſo boyl them high enough to keep them all the year.

To Preſerve Fruits green.

TAke Pippins, Apricocks, Pear-plums, or Peaches when they be green, ſcald them in hot water, and peel them or ſcrape them, put them into another water not ſo hot as the firſt, then boyl them very tender, take the weight of them in Sugar, put to it as much water as will make a Syrup to cover them; then boyl them ſomething leiſurely, and take them up, then boyl the ſyrup till it be ſomewhat thick, that it will batten

batten on a diſh ſide, and when they are cold, put them together.

To preſerve Oranges and Lemons the beſt way.

TAke and boyl them as for Paſte, then take as much *Sugar* as they weigh, and put to it as much water as will cover them by making a Syrup, then boyl them very leiſurely till they be clear, then take them up and boyl the Syrup till it batten on the diſh ſide, aud when they are cold put them up, *&c.*

An approved Conſerve for a Cough or Conſumption of the Lungs.

TAke a pound of Elecampane roots, draw out the pith, and boyl them in two waters till they be ſoft; when it is cold put to it the like quantity of the pap of roaſted Pippins, and three times their weight of brown Sugar-candy beaten to powder, ſtamp theſe in a Mortar to a Conſerve, whereof take every morning faſting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make Conſerve of any of theſe Fruits.

WHen you have boyled your Paſte as followeth ready to faſhion on the Pie-plate, put it up into Gallipots, and never dry it, and this is all the difference between Conſerves. And ſo you may make Conſerves of any Fruits, this for all hard Fruits, as Quinces, Pippins, Oranges and Lemons.

To dry any Fruits after they are preſerved, or Candy them.

TAke Pippins Pears or Plums, and waſh them out in warm water from the Syrup they are preſerved in, ſtrew them over with ſearced Sugar, as you would do flower upon fiſh to fry them; ſet them in a broad earthen pan, that they may lie one by one; then ſet them in a warm Oven or Stove to dry. If you will candy them withal, you muſt ſtrew on Sugar three or four times in the drying.

To preſerve Artichocks young, green Walnuts and Lemons, and the Elecampane roots or any bitter thing.

TAke any of theſe, and boyl them tender, and ſhift them in their boyling ſix or ſeven times to take away their bitterneſs out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boyl a walm or two, and ſo let them ſtand ſoaking in the ſugar till the next morning, then take them up, and boyl the Sugar a little higher by it ſelf, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black: being boyled tender, ſtick two or three Cloves in each of them.

Set your Elecompane roots, being clean ſcraped, and ſhifted in their boylings a dozen times, then dry them in a fair cloth, and ſo boyl them as is above written, take half ſo much more than it doth weigh, becauſe it is bitter, *&c.*

To preſerve Quinces white or red.

TAke the Quinces, and coar them, and pare them, thoſe that you will have white, put them into a pail of water two or three hours, then take as much *S*ugar as they weigh, put to it as much water as will make a *S*yrup to cover them, then boyl your *S*yrup a little while, then put your Quinces in, and boyl them as faſt as you can, till they be tender and clear, then take them up, and boyl the *S*yrup a little higher by it ſelf, and being cold put them up. And if you will have them red, put them raw into *S*ugar, and boyl them leiſurely cloſe covered till they be red and put them not into cold water.

To Preſerve Grapes.

TAke the Cluſters and ſtone them as you do Barberries, then take a little more *S*ugar then they weigh, put to it as much Apple water as will make a *S*yrup to cover them, then boyl them as you do Cherries as faſt as you can, till the *S*yrup be thick and

and being cold pot it: thus may you preſerve Barberries or Engliſh Currans, or any kind of berries.

To Preſerve Pippins, Apricocks, Pear Plums, and Peaches when they are ripe.

TAke Pippins and pare them, bore a hole through them, and put them in a pail of water, then take as much Sugar as they do weigh, and put to it as much water as will make a Syrup to cover them, and boyl them as faſt as you can, ſo that you keep them from breaking, untill they be tender, that you may prick a Ruſh through them: let them be a ſoaking till they be almoſt cold, then put them up.

Your Apricocks and Peaches muſt be ſtoned and pared, but the Pear-Plums muſt not be ſtoned nor pared. Then take a little more Sugar than they weigh, then take as much Apple water and Sugar as will make a Syrup for them, then boyl them as you do your Pippins, and Pot them as you do the Pippins likewiſe, *&c.*

To preſerve Pippins, Apricocks, Pear-Plums, or Peaches green.

TAke your Pippins green and coddle them in fair water, but let the water boyl firſt before you put them in, and you muſt ſhift them in two hot waters before they will be tender, then pull off the skin from them, and ſo caſe them in ſo much clarified Sugar as will cover them, and ſo boyl them as faſt as you can, keeping them from breaking, then take them up, and boyl the ſyrup untill it be as thick as for Quiddony; then pot them, and pour the ſyrup into them before they be cold.

Take your Apricocks and Pear-Plums and boyl them tender, then take as much Sugar as they do weigh, and take as much water as will make the ſyrup, take your green Peaches before they are ſtoned and thruſt a pin through them, and then make a ſtrong water of aſhes, and caſt them into the hot ſtanding lye to take off the fur from them, then waſh them in three or four waters warm, ſo then put them into ſo much clarified Sugar as will candy them; ſo boyl them, and put them up, *&c.*

To dry Pippins or Pears without Sugar.

TAke Pippins or Pears and prick them full of holes with a bodkin, and lay them in ſweet wort three or four dayes, then lay them on a ſieves bottom, till they be dry in an Oven, but a drying heat. This you may do to any tender Plum.

To make Syrup of Clove-gillyflowers.

TAke a quart of water, half a buſhel of Flowers, cut off the whites, and with a ſieve ſift away the ſeeds, bruiſe them a little; let your water be boyled, and a little cold again, then put in your Flowers, and let them ſtand cloſe covered twenty four hours; you may put in but half the flowers at a time, the ſtrength will come out the better; to that liquor put in four pound of Sugar, let it lye in all night, next day boyl it in a Gally-pot, ſet it in a pot of water, and there let it boyl till all the Sugar be melted and the Sugar be pretty thick, then take it out, and let it ſtand in that till it be through cold, then glaſs it.

To make Syrup of Hyſop for Colds.

TAke a handful of Hyſop, of Figs, Raiſins, Dates, of each an ounce, of Collipint half an handful, French Barley one ounce, boyl therein three pints of fair water to a quart, ſtrain it and clarifie it with two whites of Eggs, then put in two pound of fine Sugar and boyl it to a Syrup.

To make Orange Water.

TAke a pottle of the beſt Malaga Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them ſteep twenty four hours; ſtill them in a glaſs ſtill, and let the water run into the Receiver upon fine *Sugarcandy*; you may ſtill it in an ordinary *Still*.

To dry Cherries.

TAke a pound of Sugar, diſſolve it in thin fair water, when it is boyled a little while, put in your Cherries after they are ſtoned, four pound to one pound of *Sugar*, let them lye in the *Sugar* three dayes, then take them out of the ſyrup and lay them on ſieves

ſieves one by one, and ſet them before the Sun on ſtools, turn them every day, elſe they will mould; when they look of a dark red colour, and are dry, then put them up. And ſo you may do any manner of Fruit. In the Sun is the beſt drying of them, put into the ſirup ſome juice of Raſps.

To make juyce of Liquoriſh.

TAke Engliſh Liquoriſh and ſtamp it very clean, bruiſe it with a hammer, and cut it in pieces; to a pound of Liquoriſh thus bruiſed, put a quart of Hyſop water, let them ſoak together in an earthen pot a day and a night, then pull the Liquoriſh into ſmall pieces, and lay it in ſoak again two dayes more; then ſtrain out the Liquoriſh, and boyl the liquor a good while. Stirr it often; then put in half a pound of Sugar-candy, or Loaf-Sugar finely beaten, four graines of Muſk, as much Ambergreece, bruiſe them ſmall with a little Sugar, then boyl them together till it be good and thick, ſtill have care you burn it not; then put it out in glaſs plates, and make it into round rolls, and ſet it in a drying place till it be ſtiff, that you may work it into rolls to be cut as big as Barley-corns, and ſo lay them

on a place again: If it be needful ſtrew on the place again a little Sugar to prevent thickning, ſo dry them ſtill if there be need and if they ſhould be too dry, the heat of the fire will ſoften them again.

A Perfume for Clothes, Gloves.

TAke of Linet two grains, of Muſk three, of Ambergreece four, and the Oyl of Bems a pretty quantity; grind them all upon a Marble ſtone fit for that purpoſe; then with a bruſh or ſpunge rake them over, and it will ſweeten them very well; your Gloves or Jerkins muſt firſt be waſhed in old red Roſe-water, and when they are almoſt dry, ſtretch them forth ſmooth, and lay on the Perfumes.

To make Almond Biſket.

TAke the whites of four new laid Eggs, and two yolks, then beat it well for an hour together, then have in readineſs a quarter of a pound of the beſt Almonds blanched in cold water, and beat them very ſmall with Roſe-wart, for fear of Oyling: then have a pound of the beſt Loaf-Sugar finely beaten, beat that in the Eggs a while, then

then put in your Almonds, and five or ſix ſpoonfuls of the fineſt flower, and ſo bake them together upon paper plates, you may have a little fine Sugar in a piece of tiffany to duſt them over as they be in the Oven, ſo bake them as you do Biſket.

To dry Apricocks.

FIrſt ſtone them, then weigh them, take the weight of them in double refined Sugar, make the Syrup with ſo much water as will wet them, and boyl it up ſo high, that a drop being dropped on a Plate it will ſlip clean off, when it is cold, put in your Apricocks being pared, whilſt your Syrup is hot, but it is muſt not be taken off the fire before you put them in, then turn them in the Syrup often, then let them ſtand three quarters of an hour; then take them out, ſet the Syrup, and tie them up in Tiffanies, one in a tiffany or more, as they be in bigneſs and whilſt you are tying them up, ſet the Syrup on the fire to heat but not to boyl, then put your Apricocks into the Syrup, and ſet them on a quick fire, and let them boyl as faſt as you can, skim them clean, and when they look clear, take them from the fire, and let them

them lye in the Syrup till the next day, then ſet them on the fire to heat, but not to boyl; then ſet them by till the next day, and lay them upon a clean ſieve to drain, and when they are well drained, take them out of the Tiffanies, and ſo dry them in a ſtove, or better in the Sun with glaſſes over them, to keep them from the duſt.

To make Quinces for Pies.

WIpe the Quinces, and put them into a little veſſel of ſmall Beer when it hath done working; ſtop them cloſe that no air can get in, and this will keep them fair all the year, and good.

The beſt way to break ſweet Powder.

TAke of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civet a quarter of an ounce, Cloves a quarter of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Roſewood a quarter of a pound, Ambergreece a quarter of an ounce. To every

every pound of Roſes put a pound of powder, the bag muſt be of Taffaty, or elſe the powder will run through.

To make excellent Perfumes.

TAke a quarter of a pound of Damask Roſe-buds cut clean from the Whites, ſtamp them very ſmall, put to them a good ſpoonful of Damask Roſewater, ſo let them ſtand cloſe ſtopped all night, then take one ounce and a quarter of Benjamin finely beaten, and alſo ſearſed, (if you will) twenty grains of Civet, and ten grains of Musk; mingle theſe with the Roſes, beating them well together, then make it up in little Cakes between Roſe leaves, and dry them between ſheets of Paper.

To make Conſerve of Roſes boyled.

TAke a quart of red Roſe-water, a quart of fair water, boyl in the water a pound of red Roſe leaves, the whites cut off, the leaves muſt be boyled very tender; then take three pound of ſugar, and put to it a pound at a time, and let it boyl a little between every pound, ſo put it up in your pots.

To make Conſerves of Roſes unboyled.

TAke a pound of red Roſe leaves, the whites cut off, ſtamp them very fine, take a pound of Sugar and beat in with the Roſes, and put it in a pot, and cover it with leather, and ſet it in a cool place.

To make a very good Pomatum.

TAke the fat of a young Dog one pound, it muſt be killed ſo that the the

blood ſettle not into the fat, then let the outer skin be taken off before it be opened, leſt any of the hair come to the fat, then take all the fat from the inſide, and as ſoon as you take it off fling it into Conduit Water; and if you ſee the ſecond skin be clear, peel it and water it with the other; be ſure it cools not out of the water: you muſt not let any of the fleſh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caul, and put it to the other in the water and when you ſee it is cold, drain it from the water into a Napkin, and break it in little pieces with your fingers, and take out all the little veins; then take eight ounces of Oyl of Tartar; and put in that firſt, ſtirring it well together, then put it into a Gallon of Conduit-water, and let it ſtand till night; ſhift this with ſo much Oyl and water, morning and evening ſeven dayes together, and be ſure to ſhift it conſtantly; and the day before you mean to melt it wring it hard by a little at a time, and be ſure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you ſhift it; then

put in three pints of Roſewater; let it ſtand cloſe covered twelve hours, then wring out that, and put it in a pint of freſh Roſewater into a high Gallipot with the feces; then tie it cloſe up, and ſet it in a pot of water, and let it boyl two hours, then take it out, and ſtrain it into an earthen pan, let it ſtand till it be cold; then cut a hole in it, and let out the water, then ſcrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafindiſh of Coals, or in the Gallipots; beat it ſo long, till it look very white and ſhining; then with your hand fling it in fine Cakes upon white paper, and let it lye till it be cold, then put it into Gallipots. This will be very good for two or three years.

To make Raiſin Wine.

TAke two pound of Raiſins of the Sun ſhred, a pound of good powdered Sugar, the juyce of two Lemons, one pill, put theſe in an earthen pot with a top, then take two gallons of water, let it boyl half an hour, then take it hot from the fire, and put it into the pot, and cover

cover it cloſe for three or four dayes, ſtirring it twice a day, being ſtrained put it into bottles, and ſtop it more cloſe, in a fortnight or three weeks it may be drunk; you may put in Cloves, Gillyflowers, or Cowſlips, as the time of year is when you make it; and when you have drawn this from the Raiſins, and botled it up, heat two quarts of water more, put it to the ingredients, and let it ſtand as aforeſaid. This will be good, but ſmaller then the other, the water muſt be boyled as the other.

To make Raſberry Wine.

TAke a gallon of good Rheniſh Wine, put into it as much Rasberries very ripe as will make it ſtrong, put it in an earthen pot, and let it ſtand two dayes, then pour your Wine from your Rasberries, and put into every bottle two ounces of *S*ugar, ſtop it up, and keep it by you.

The beſt way to preſerve Cherries.

TAke the beſt Cherries you can get, and cut the ſtalks ſomething ſhort, then for every

every pound of thoſe Cherries take two pound of other Cherries, and put them off their ſtalks and ſtones, put to them ten ſpoonfuls of fair water, and then ſet them on the fire to boyl very faſt till you ſee that the colour of the ſyrup be like pale Clarret wine, then take it off the fire and drain them from the Cherries into a pan to preſerve in. Take to every pound of Cherries a quarter of Sugar, of which take half, and diſſolve it with the Cherry water drained from the Cherries, and keep them boyling very faſt till they will gelly in a ſpoon, and as you ſee the ſyrup thin, take of the Sugar that you kept finely beaten, and put it to the Cherries in the boyling; the faſter they boyl the better they will be preſerved, and let them ſtand in a Pan till they be almoſt cold.

A Tincture of Ambergreece.

TAke Ambergreece one ounce, Musk two drams, Spirit of Wine half a pint, or as much as will cover the Ingredients two or three fingers breadth, put all into a glaſs, ſtop it cloſe with a Cork and Bladder; ſet it in Horſe dung ten or twelve

twelve dayes, then pour off gently the Spirit of Wine, and keep it in a glaſs cloſe ſtopt, then put more ſpirit of Wine on the Ambergreece, and do as before; then pour it off, after all this the Ambergreec will ſerve for ordinary uſes. A drop of this will perfume any thing, and in Cordials it is very good.

To make Uſquebah the beſt way.

TAke two quarts of the beſt *Aqua vitæ*, four ounces of ſcraped Liquoriſh, and half a pound of ſliced Raiſins of the Sun, Anniſeeds four ounces, Dates and Figs, of each half a pound, ſliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put theſe to the *Aqua vitæ*, ſtop it very cloſe, and ſet it in a cold place ten dayes, ſtirring it twice a day with a ſtick, then ſtrain or ſweeten it with Sugar-candy; after it is ſtrained, let it ſtand till it be clear, then put into the glaſs Musk and Ambergreece; two grains is ſufficient for this quantity.

To preſerve Cherries with a quarter of their weight in Sugar.

TAke four pound of Cherries, one pound of *S*ugar, beat your *S*ugar and ſtrew a little in the bottom of your skillet, then pull off the ſtalks and ſtones of your Cherries, and cut them croſs the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there muſt be no other Liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar, boyl them very quick, when they are half boyled, put in the remainder of your *S*ugar, when they are almoſt enough, put in the reſt of the Sugar, you muſt let them boyl till they part in ſunder like Marmalade ſtirring them continually; ſo put them up hot intoyour warm Marmalade glaſſes.

To make Gelly of Pippins.

TAke Pippins, and pare them, and quarter them, and put as much water to them as will cover them,and let them boyl till all the vertue of the Pippins are out; then ſtrain them, and take to a pint of that liquor

liquor a pound of *Sugar*, and cut long threads of Orange peels, and boyl in it, then take a Lemon, and pear and ſlice it very thin, and boyl it in your liquor a litlte thin; take them out, and lay them in the bottom of your glaſs, and when it is boyled to a gelly, pour it on the Lemons in the glaſs. You muſt boyl the Oranges in two or three waters before you boyl it in the gelly.

To make Apricock Cakes.

TAke the faireſt Apricocks you can get' and parboyl them very tender, then take off the Pulp and their weight of *Sugar*, and boyl the *Sugar* and Apricocks together very faſt; ſtir them ever leſt they burn to, and when you can ſee the bottom of the skillet it is enough, then put them into Cards ſowed round and duſt them with fine *Sugar* and when they are cold ſtone them, then turn them, and fill them up with ſome more of the ſame ſtuff; but you muſt let them ſtand for three or four dayes before you turn them off the firſt place; and when you find they begin to candy, take them out of the Cards, duſt them with *Sugar* again ſo do ever when you turn them.

To

To preſerve Barberries the beſt way.

FIrſt ſtone them and weigh them, half a pound of Sugar to half a pound of them, then pare them and ſlice them into that liquor, take the weight of them in ſugar; then take as many Rasberries as will colour it, and ſtrain them into the liquor, then put in the ſugar, boyl it as faſt as you can, then skim it til it be very clear, then put in your Barberries, and that ſugar you weighed, and ſo let them boyl till the skin be fully riſen up, then take them off, and skin them very clean, and put them up.

To make Lozenges of red Roſes.

BOyl your ſugar to ſugar again, then put in your red Roſes being finely beaten and made moiſt with the juyce of a Lemon, let it not boyl after the Roſes are in, but pour it upon a Pye-plate, and cut it into what form you pleaſe.

To make Chips of Quinces.

FIrſt ſcald them very well, then ſlice them into a diſh, and pour a Candy Syrup to them ſcalding hot, and let them ſtand all night, then lay them on plates, and ſearſe ſugar on them, and turn them every day, and ſcrape more Sugar on them till they be dry. If you would have them look clear, heat them in ſyrup, but not to boyl.

To make Sugar of Wormwood, Mint, Aniſeed, or any other of that kind.

TAke double refined ſugar, and do but wet it in fair water, or Roſe-water, and boyl it to a Candy, when it is almoſt boyled take it off, and ſtir it till it be cold; then drop in three or four drops of the Oyls of whatſoever you will make, and ſtir it well; then drop it on a board, being before ſifted with ſugar.

To make Syrup of Lemons or Citrons.

PAre off all the rinds, then ſlice your Lemons very thin, and lay a lare of ſugar

Sugar finely beaten, and a lare of Lemons in a ſilver baſon till you have fitted it, or as much as you mean to make, and ſo let it ſtand all night; the next day pour off the liquor that runs from it into a glaſs through a Tiffany ſtrainer. Be ſure you put Sugar enough to them at the firſt, and it will keep a year good if it be ſet up well.

To make Jambals of Apricocks or Quinces.

TAke Apricocks or Quinces, and Coddle them tender, then take their Pulp and dry it in a diſh over a Chafindiſh of coals, and ſet it on a ſtone for a day or two, then beat it in a ſtone Morter, putting in as much Sugar as will make a ſtiff paſte; then colour it with Saunders, Cocheneel or blew Starch, and make it up in what colour you pleaſe, rowl them with battle doors into long pieces, and tye them up in knots, and ſo dry them.

To make Cherry Water.

TAke nine pound of Cherries, pull out the ſtones and ſtalks, break them with yonr

your hand, and put them into nine pints of Claret-Wine, take nine ounces of Cinnamon, and three Nutmegs, bruiſe them and put them into this, then take of Roſemary and Balm, of each half a handful, of ſweet Marjoram a quarter of a handful; put all theſe with the aforenamed into an earthen pot well leaden; ſo let them ſtand to infuſe twenty four hours; ſo diſtill it in a Limbeck, keeping the ſtrongeſt water by it ſelf, put ſome ſugar finely beaten into your glaſſes. If your firſt water be too ſtrong, put ſome of the ſecond to it as you uſe it. If you pleaſe you may tye ſome Musk and Ambergreece in a rag, and hang it by a thread in your glaſs.

To make Orange Cakes.

TAke Oranges and pare them as thin as you can, then take out the meats clean, and put them in water, let them lye about an hour, ſhift the water, and boyl them very tender in three or four waters, then put them up, and dry them on a cloth: mince them as ſmall as you can, then put them into a diſh, and ſqueeze all the juyce of the meat into them, and

let them ſtand till the next day, take to every pound of theſe a pound and a quarter of double refined Sugar. Boyl it with a ſpoonful of water at the bottom to keep it from burning till it be Sugar again; then put in your Oranges and let them ſtand and dry on the fire, but not boyl; then put them on glaſs plates, and put them in a ſtove, the next day make them into Cakes, and ſo dry them as faſt as you can.

To preſerve Oranges the French way.

TAke twelve of the faireſt Oranges and beſt coloured, and if you can get them with ſmooth skins they are the better, and lay them in Conduit water ſix dayes and nights, ſhifting them into freſh water morning and evening: then boyl them very tender, and with a knife pare them very thin, rub them with ſalt, when you have ſo done, core them with a coring Iron, taking out the meat and ſeeds; then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and half of Sugar, and to a pound of Sugar a pint of water; then mingle your Sugar and water well together in a large skillet or pan; beat the whites of three

Eggs,

Eggs and put that into it, then ſet it on the fire, and let it boyl till it riſes, and ſtrain it through a Napkin; then ſet it on the fire again, and let it boyl till the Syrup be thick, then put in your Oranges, and make them ſeeth as faſt as you can, now and then putting in a piece of fine loaf ſugar the bigneſs of a walnut, when they have boyled near an hour, put into them a pint of Apple water; then boyl them apace, and half a pint of white-Wine, this ſhould be put in before the Apple-water, when your Oranges are very clear, and your Syrup ſo thick that it will gelly, (which you may know by ſetting them to cool in a ſpoon) when they are ready to be taken off from the fire; then put in the the juyce of eight Lemons warm into them, then put them into an earthen pan, and ſo let them ſtand till they be cold, then put every Orange in a ſeveral glaſs or pot; if you do but ſix Oranges at a time, it is the better.

To preſerve green Plums.

THe greateſt Wheaten Plum is the beſt, which will be ripe in the midſt of

July, gather them about that time, or later, as they grow in bigneſs, but you muſt not ſuffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the ſpace of twelve hours, and when you gather them, wipe them with a clean linnen cloth, and cut off a little of the ſtalks of every one, then ſet two skillets of water on the fire, and when one is ſcalding hot put in your Plums, and take them from the fire, and cover them, and let them reſt for the ſpace of a quarter of an hour; then take them up, and when your other skillet of water doth boyl, put them into it; let them but ſtay in it a very little while, and ſo let the other skillet of water, wherein they were firſt boyled, be ſet to the fire again, and make it to boyl, and put in your Plums as before, and then you ſhall ſee them rivet over, and yet your Plums very whole; then while they be hot, you muſt with your knife ſcrape away the riveting; then take to every pound of Plums a pound and two ounces of ſugar finely beaten, then ſet a pan with a little fair water on the fire, and when it boyls, put in your Plums, and let them ſeeth half a quarter of an hour till you ſee the colour wax green, then ſet them

them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and ſtrew it in the bottom of the pan wherein you will preſerve, and ſo put in your Plums one by one, drawing the liquor from them, and caſt the reſt of your Sugar on them: then ſet the pan on a moderate fire, letting them boyl continually but very ſoftly, and in three quarters of an hour they will be ready, as you may perceive by the greenneſs of your Plums, and thickneſs of your Syrup, which if they be boyled enough, will gelly when it is cold; then take up your Plums, and put them into a Gallipot, but boyl your Syrup a little longer, then ſtrain it into ſome veſſel, and being blood-warm, pour it upon your Plums, but ſtop not the pot before they be cold. Note alſo you muſt preſerve them in ſuch a pan, as they may lye one by another and turn of themſelves; and when they have been five or ſix dayes in the Syrup, that the ſyrup grow thin, you may boyl it again with a little ſugar, but put it not to your Plums till they be cold. They muſt have three ſcaldings and one boyling.

To dry Plums.

TAke three quarters of a pound of Sugar to a pound of black Pear Plums or Damſins, ſlit the Plums in the Creſt, lay a lay of Sugar with a lay of Plums, and let them ſtand all night; if you ſtone the Plums, fill up the place with Sugar, then boyl them but gently till they be very tender, without breaking the skins, take them into an earthen or ſilver diſh, and boyl your Syrup afterwards for a gelly, then pour it on your Plums ſcalding hot, and let them ſtand two or three days, then let them be put into the Oven after you draw your bread, ſo often untill your Syrup be dried up, and when you think they are almoſt dry, lay them in a ſieve, and pour ſome ſcalding water on them, which will run through the ſieve, and ſet them in an Oven afterwards to dry.

To preſerve Cherries the beſt way, bigger then they grow naturally, &c.

TAke a pound of the ſmalleſt Cherries and boyl them tender in a pint of fair

fair water, then ſtrain the liquor from the ſubſtance, then take two pound of good Cherries, and put them in a preſerving pan, with a lay of Cherries, and a lay of Sugar, then pour the Syrup of the other Cherries about them, and ſo let them boyl as faſt as you can with a quick fire, that the ſirup may boyl over them, and when your ſirup is thick and of good colour, then take them up, and let them ſtand a cooling by partitions one from another, and being cold you may pot them up.

To Preſerve Damſins, red Plums or black.

TAke your Plums newly gathered, and take a little more Sugar than they do weigh, then put to it as much water as will cover them; then boyl your ſirup a little while, and ſo let it cool, then put in your Damſins or Plums, then boyl them leiſurely in a pot of ſeething water till they be tender, then being almoſt cold pot them up.

To dry Pippins or Pears.

TAke your pippins, Pears, Apricocks, pare them, and lay them in a broad earthen pan one by one, and ſo rowl them in ſearſed Sugar as you flower fried fiſh; put them in an Oven as hot as for Manchet, and ſo take them out, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a Paper, and dry them on the bottom of a ſieve; ſo you may do the leaſt Plum that is.

To dry Pippins or Pears another way.

TAke Pippins or Pears, and lay them in an earthen pan one by one, and when they be baked plump and not broken, then take them out, and lay them up, and lay them upon a paper, then lay them on a ſieves bottom, and dry them as you did before.

To dry Apricocks tender.

TAke the ripeſt of the Apricocks, pare them, put them into a ſilver or earthen Skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, ſet your

your Apricocks over your fire; ſtirring them till they come to a Pulp and ſet the Sugar in another skillet by, boyling it up to a good height, then take all the Apricocks, and ſtir them round till they be well mingled, then let it ſtand till it be ſomething cold and thick, then put it into cards, being cut of the faſhion of an Apricock, and laid upon glaſs plates, fill the Cards half full, then ſet them in your ſtove; but when you find they are ſo dry that they are ready to turn; then provide as much of your pulp as you had before, and to put to every one a ſtove, when they are turned, (which you muſt have ſaid before) and pour the reſt of the Pulp upon them, ſo ſet them into your ſtove, turning them till they be dry.

To dry Plums.

TAke a pound of Sugar to a pound of Plums, pare them, ſcald your Plums then lay your Plums upon a ſieve till the water be drained from them, boyl your Sugar to a Candy heigth, and then put your Plums in whilſt your ſirup is hot, ſo warm them every morning for a week, then take them out, and put them into your ſtove and dry them.

To dry Apricocks.

TAke your Apricocks, pare and ſtone them, then weigh half a pound of Sugar to a pound of Apricocks, then take half that ſugar, and make a thin Syrup, and when it boyleth put in the Apricocks, then ſcald them in that Syrup; then take them off the fire, and let them ſtand all night in that Syrup, in the morning take them out of that Syrup, and make another Syrup with the other half of the Sugar, then put them in, and preſerve them till they look clear; but be ſure you do not do them ſo much as thoſe you keep preſerved without drying; then take them out of that Syrup and lay them on a piece of plate till they be cold; then take a skillet of fair water, and when the water boyls take your Apricocks one after another in a ſpoon, and dip them in the water firſt on one ſide, and then on the other; not letting them go out of the ſpoon: you muſt do it very quick, then put them on a piece of a plate and dry them in a Stove, turning them every day; you muſt be ſure that your Stove or Cubbard where you dry them, the heat of it be renewed three times a day with a temperate drying heat

heat untill they be ſomething dry, then afterwards turn them once as you ſee cauſe.

Conſerves of Violets the Italian manner.

TAke the leaves of blue Violets ſeparated from their ſtalks and greens, beat them very well in a ſtone Morter, with twice their weight of ſugar, and reſerve them for your uſe in a glaſs veſſel.

The Virtues.

The heat of Choler, it doth mitigate, extinguiſheth thirſt, aſſwageth the belly, and helpeth the Throat of hot hurts, ſharp droppings and drineſs, and procureth reſt. It will keep one year.

Conſerves of red Roſes the Italian manner.

TAke freſh red Roſes not quite ripe, beat them in a ſtone Morter, mix them with double their weight of ſugar, and put them in a glaſs cloſe ſtopped, being not full, let them remain before you uſe them three moneths ſtirring of them once a day.

Their

The Virtues.

The ſtomach, Heart, and Bowels it cooleth, and hindreth vapors, the ſpitting of blood and corruption for the moſt part (being cold) it helpeth. It will keep many years.

Conſerve of Borage flowers after the Italian way.

TAke freſh Borage flowers cleanſed well from their heads four ounces, fine ſugar twelve ounces, beat them well together in a ſtone morter, and keep them in a veſſel well placed.

The vertues are the ſame with Bugloſs flowers.

Conſerve of Roſemary flowers after the Italian manner.

TAke new Roſemary flowers one pound, of white ſugar one pound, ſo beat them together in a Marble Mortar with a wooden peſtle, keep it in a gally-pot or veſſel of earth well glaſſed, or in one of hard ſtone. It may be preſerved for one year or two.

The

The Virtues.

It comforteth the heart, the ſtomach, the brain, and all the nervous parts of the body.

Conſerve of Betony after the Italian way.

BEttony new and tender one pound, the beſt Sugar three pound, beat them very ſmall in a ſtone mortar, let the Sugar be boyled with two pound of Bettony-water to the conſiſtence of a Syrup, at length mix them together by little and little over a ſmall fire, and make a Conſerve, which keep in a glaſs.

The Virtues.

It helpeth the cold pains of the head, purgeth the ſtomach and womb; it helpeth ſtonineſs of the reins, and farthereth Conception.

Conſerve of Sage.

TAke new flowers of Sage one pound, Sugar one pound; ſo beat them together very ſmall in a Marble Mortar, put them in a veſſel well glaſſed and ſteeped, ſet them in the Sun, ſtir them

them daily; it will laſt one year.

The Virtues.

It is good in all cold hurts of the brain, it refreſheth the Stomach, it openeth Obſtructions, and takes away ſuperfluous and hurtful humors from the Stomach.

Conſerve of the flowers of Lavender.

TAke the flowers being new, ſo many as you pleaſe, and beat them with three times their weight of white ſugar, after the ſame manner as Roſemary flowers, they will keep one year.

The Virtues.

The Brain, the Stomach, Liver, Spleen, and Womb it maketh warm, and is good in the Suffocation of the Womb, hardneſs of the Spleen, and for the Apoplex.

Conſerve of Marjoram.

THe Conſerve is prepared as Bettony, it keepeth a year.

The Virtues.

It is good againſt the coldneſs, moiſtneſs of the Brain, the Stomach, and

and it ſtrengthneth the Vital Spirits.

Conſerve of Piony after the Italian way.

IN the Spring take of the Flowers freſh half a pound, Sugar one pound, beat them together in a good ſtone Mortar, then put them in a glaſs, and ſet them in the ſun for three months, ſtirring them daily with a wooden Spatula.

The Virtues.

It is good againſt the Falling-ſickneſs, and giddineſs in the head, it cleanſeth the Reins and Bladder.

Touching Candies, as followeth.

To Candy Roſemary flowers in the Sun.

TAke gum Dragon, and ſteep it in Roſe-water, then take the Roſemary

mary flowers, good coloured, and well prickt, and wet them in the water that your Gum Dragon is ſteeped in, then take them out and lay them upon a Paper, and ſtrew fine Sugar over them; this do in the hot Sun, turning them, and ſtrewing Sugar on them, till they are candied, and ſo keep them for your uſe.

To make Sugar of Roſes.

TAke the deepeſt coloured red Roſes, pick them, cut off the white bottoms, and dry your red leaves in an Oven, till they be as dry as poſſible, then beat them to powder and ſearſe them, then take half a pound of Sugar beaten fine, put it into your pan with as much fair water as will wet it; then ſet it in a chafindiſh of coles, and let it boyl till it be Sugar again, then put as much powder of Roſes that will make it look very red, ſtir them well together, and when it is amoſt cold, put it into pales, and when it is throughly cold, take them off, and put them in boxes.

To

To Candy Pippins, Pears, Apricocks or Plums.

TAke of theſe fruits being pared, and ſtrew Sugar upon them as you do flower upon frying fiſh; then lay them on a board in a Pewter diſh, ſo put them into an Oven as hot as for Manchet; as the Liquor comes from them, pour forth, turn them, and ſtrew more Sugar on them, and ſprinkle Roſe-water on them, thus turning and Sugaring of them three or four times, till they be almoſt dry, then lay them on a Lettice wire, or on the bottom of a ſieve in a warm Oven, after the bread is drawn out till they be full dry, ſo you may keep them all the year.

To Candy or clear Rock-candy flowers.

TAke ſpices, and boyl them in a Syrup of Sugar, then put in the flowers, boyl them till they be ſtiff, when you ſpread them on a Paper, lay them on round Wires in an earthen pan, then take as much hard Sugar as will fill your pan, and as much water as will melt the Sugar, that is half a pint to every pound, then

then beat a dozen ſpoonfuls of fair water, and the white of an Egg in a baſon with a Birchen rod till it come to Froth, when your Sugar is all melted and boyled, put the froth of the Egg in the hot Syrup, and as it riſeth, drop in a little cold water; ſo let it boyl a little while, then ſcum it, then boyl it to a Candy height, that is, when you may draw it in ſmall threads between your finger and your thumb: then pour forth all your Syrup that will run from it in your pan, then ſet it a drying one hour or two, which done, pick up the wires, and take off the flowers, and lay them on Papers, and ſo dry them.

To Candy Spaniſh flowers.

TAke the bloſſoms of divers ſorts of flowers, and make a ſyrup of water and Sugar, and boyl it very thick, then put in your Bloſſoms, and ſtir them in their boyling, till it turn to Sugar again, then ſtir them with the back of a ſpoon, till the Sugar fall from it ſo you may keep them for Sallets all the year.

To

To Candy Grapes, Cherries or Barberries.

TAke of theſe fruits, and ſtrew fine ſifted Sugar on them as you do flower on frying fiſh, lay them on a lettice of wire in a deep earthen pan, and put them into an Oven as hot as for Manchet; then take them out, and turn them and ſugar them again, and ſprinkle a little Roſe-water on them, pour the ſyrup forth as it comes from them, thus turning and Sugaring them till they be almoſt dry, then take them out of the earthen pan and lay them on a lettice of wire upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

To Candy Succets of Oranges, Lemons, Citrons, and Angelica.

TAke, and boyl them in fair water tender, and ſhift them in three boylings, ſix or ſeven times, to take away their bitterneſs, then put them into as much Sugar as will cover them, and ſo let them boyl a walm or two, then take them out, and dry them in a warm Oven as

as hot as Manchet, and being dry, boyl the Sugar to a Candy height, and ſo caſt your Oranges into the hot Sugar, and take them out again ſuddenly, and then lay them upon a lettice of Wire on the bottom of a Sieve in a warm Oven after the bread is drawn, ſtill warming the Oven till it be dry, and they will be well Candied.

To Candy the Orange Roots.

TAke the Orange roots, being well and tenderly boyled, peth them and peel them, and waſh them out of two or three waters; then dry them well with a fair cloth then put them together two or three in a knot, then put them into as much clarified Sugar as will cover them, and ſo let them boyl leiſurely, turning them well untill you ſee the Sugar drunk up into the root; then ſhaking them in the Baſon, to ſunder the knots; and when they wax dry, take them up ſuddenly, and lay them on ſheets of white Paper, and ſo dry them before the fire an hour or two, and they will be Candyed.

To

To Candy Orange Peels after the Italian way.

TAke Orange peels ſo often ſteeped in cold water, as you think convenient for their bitterneſs, then dry them gently, and Candy them with ſome convenient ſyrup made with Sugar; ſome that are more grown, take away that ſpongious white under the yellow peels, others do both together.

The Virtues.

They corroborate the Stomach and Heart.

To Candy Citrons after the Spaniſh way.

TAke Citron Peels ſo large as you pleaſe the inner part being taken away, let them be ſteeped in a clear lay of water and aſhes for nine dayes, and ſhift them the fifth day, afterward waſh them in fair water till the bitterneſs be taken away, and that they grow ſweet, then let them be boyled in fair water till they grow ſoft, the watry part being taken away, let them be ſteeped in a Veſſel of ſtone twenty four hours, with a Juleb made of white Sugar, and

and three parts water, after let them be boyled upon a gentle fire, to Candineſs of Penidies or Paſte; being taken out of thar, let them be put into a glaſs veſſel, one by one, with the Julep of Roſes made ſomewhat hard, or with Sugar; ſome do add Amber and Musk to them.

The Virtues.

It comforteth the Stomach and Heart, it helpeth Concoction.

To Candy Cherries the Italian way.

TAke Cherries before they are full ripe, the ſtones taken out, put clarified Sugar boyled to a height, then pour it on them.

Chicory roots Candied the Italian way.

TAke Chicory new and green, the outward Bark being taken away, then before they be candied, let them be cut in ſeveral parts, and gently boyled, that no bitterneſs may remain, then ſet them in the air, placed ſeverally, and put Sugar to them boyled to a height.

Touch-

Touching Marmalets, and Quiddony, as followeth.

To make Marmalet of Damſins.

TAke two quarts of Damſins that be through ripe, and pare off the skins of three pints of them, then put them into an earthen pipkin, thoſe with the skins undermoſt; then ſet the Pipkin into a pot of ſeething water, and let the water ſeeth apace untill the Damſins be tender. Cover the Pipkin cloſe, that no water gets into them, and when they are tender, put them out into an earthen pan, and take out all the ſtones and skins, and weigh them, and take the weight with hard Sugar, then break the Sugar fine, and put it into the Damſins, then ſet it on the fire, and make it boyl apace till it will come from

from the bottom of the skillet, then take it up, and put it into a glaſs but ſcum it clear in the boyling.

To make white Marmalet of Quinces.

TAke unpared Quinces, and boyl them whole in fair water, peel them and take all the pap from the coar, to every pound thereof, add three quarters of a pound of ſugar, boyl it well till it come well from the pans bottom, then put it into boxes.

To make Marmalet of any tender Plum.

TAke your Plums and boyl them between two diſhes on a Chafindiſh of coals, then ſtrain it, and take as much Sugar as the Pulp doth weigh, and put to it as much Roſe-water and fair water, as will melt it, that is, half a pint of water to a pound of Sugar, and ſo boyl it to a Candy height, then put the Pulp into hot Sugar, with the pap of a roaſted Apple. In like manner you muſt put roaſted Apples to make Paſte Royal of it, or elſe it will be tough in the drying.

To make Orange Marmalet.

TAke Oranges, pare them as thin as you can; boyl them in four ſeveral waters, let them be very ſoft before you take them out, then take two quarts of *S*pring-water, put thereto twenty Pippins pared, quartered and coared, let them boyl till all the vertue be out, take heed they do not loſe the colour; then ſtrain them, put to every pint of water a pound of *S*ugar, boyl it almoſt to a Candy height, then take out all the meat out of the Oranges, ſlice the peel in long ſlits as thin as you can, then put in your peel with the juyce of two *L*emons, and one half Orange, then boyl it to a Candy.

To make Quiddony of Pippins of Ruby, or any Amber colour.

TAke Pippins, and cut them in quarters, and pare them, and boyl them with as much fair water as will cover them, till they be tender, and ſunk into the water, then ſtrain all the liquor from the Pulp, then take a pint of that liquor, and half a

pound of Sugar, and boyl it till it be a quaking gelly on the back of a ſpoon; ſo then pour it on your moulds, being taken out of fair water; then being cold turn them on a wet trencher, and ſo ſlide them into the boxes, and if you would have it ruddy colour, then boyl it leiſurely cloſe covered, till it be as red as Claret Wine, ſo may you conceive, the difference is in the boyling of it; remember to boyl your Quinces in Apple water as you do your Plums.

To make Quiddony of all ſorts of Plums.

TAke your Apple-water and boyl the Plums in it till it be red as Clarret Wine, and when you have made it ſtrong of the Plums, put to every pint half a pound of ſugar and ſo boyl it till a drop of it hang on the back of a ſpoon like a quaking gelly. If you will have it of an Amber colour, then boyl it with a quick fire, that is all the difference of the colouring of it.

To make Marmalet of Oranges, or Orange Cakes, &c.

TAke the yelloweſt and faireſt Oranges, and water them three dayes, ſhifting the water twice a day, pare them as thin as you poſſibly can, boyl them in a water changed five or ſix times, untill the bitterneſs of the Orange be boyled out; thoſe that you preſerve muſt be cut in halves, but thoſe for Marmalet muſt be boyled whole, let them be very tender, and ſlice them very thin on a Trencher, taking out the ſeeds and long ſtrings, and with a knife make it fine as the Pap of an Apple; then weigh your Pap of Oranges, and to a pound of it take a pound and a half of Sugar; then you muſt have Pippins boyled ready in a skillet of fair water, and take the Pap of them made fine on a Trencher, and the ſtrings taken out, (but take not half ſo much Pippins as Oranges) then take the weight of it in Sugar, and mix it both together in a ſilver or earthen diſh; and ſet it on the coals to dry the water out of it, as you

do with Quince Marmalet) when your Sugar is Candy height, put in your ſtuff, and boyl it till you think it ſtiff enough, ſtirring it continually, if you pleaſe you may put a little Musk in it.

Touching Paſtery and Paſties.

To make Sugar Cakes.

TAke three pound of the fineſt Wheat flower, one pound of fine Sugar, Cloves and Mace of each one ounce finely ſearſed, two pound of Butter, a little Roſe-water knead and mould this very well together, melt your Butter as you put it in then mould it with your hand forth upon a board, cut them round with a glaſs, then lay them on papers, and ſet them in an Oven, be ſure your Oven

Oven be not too hot, ſo let them ſtand till they be coloured enough.

To make clear cakes of Plums.

TAke Plums of any ſort, Raſpiſs are the beſt, put them in a ſtone jug, into a pot of ſeething water, and when they are diſſolved, ſtrain them together through a fair cloath, and take to a pint of that a pound of Sugar, put to as much colour as will melt it, and boyl to a Candy height; boyl the liquor likewiſe in another Poſnet, then put them ſeething hot together, and ſo boyl a little while ſtirring them together, then put them into glaſſes, and ſet them in an Oven or Stove in a drying heat, let them ſtand ſo two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week; beware you ſet them not too hot, for they will be tough; ſo every day turn them till they be dry; they will be very clear.

To make Paſte of Oranges and Lemons.

TAke your Oranges well coloured, boyl them tender in water, changing them

ſix or ſeven times in the boyling, put into the firſt water one handful of Salt, and then beat them in a wooden bowl with a wooden peſtle, and then ſtrain them through a pieceof Cuſhion Canvas,then take ſomewhat more than the weight of them in Sugar,then boyl it,dry and faſhion it as you pleaſe.

To make Rasberry Cakes.

TAke Rasberries, and put them into a Gallypot, cover them cloſe, and ſet them into a skillet of water, and let them boyl till they are all to maſh, then rub them through a ſtrainer of Cuſhion Canvas, put the Liquor into a ſilver baſon,and ſet it upon a very quick fire; and put into it one handful or two of whole Rasberries, according to the quantity of your liquor: and as you ſhall like to have ſeeds in your paſte. Thus let it boyl very faſt till it be thick; and continually ſtir it leſt it burn; then take two ſilver diſhes that are of a weight, and put them into your Scales, in the one put the Raſpiſs ſtuff, and in the other double refined Sugar, finely beaten, as much as the weight of Raſpiſs ſtuff;

ſtuff; then put as much water to the Sugar as will melt it, ſet it upon the fire, and let it boyl till it be very high Candied, then take it from the fire, and put your Raſpiſs ſtuff into it; and when your Sugar and Rasberries are very well mixed together, and the Sugar well melted from about the diſh, (which if it will not do from the fire, ſet it on again) but let it not boyl in any caſe; when it is pretty cool, lay it by ſpoonfuls in places, and put it into your ſtuff, keeping temperate fire to it twice a day till it be candied that will turn them, joyn two of the pieces together, to make the Cake the thicker.

To make Paſte of Genoa Citrons.

TAke Citrons and boyl them in their skins then ſcrape all the Pulp from the coar, ſtrain it through a piece of Cuſhion Canvas, take twice the weight of the Pulp in Sugar, put to it twice as much water as will melt it, that is, half a pint to every pound of Sugar, boyl it to a Candy height; dry the Pulp upon a Chafindiſh of coals, then put the Syrup and the Pulp hot together, boyl it with ſtirring untill it will lye upon a Pye-

plate, ſet it in a warm ſtone Oven upon two billets of wood, from the heat of the Oven, all one night, in the morning turn it, and ſet it in the like heat again, ſo turn it every day till it be dry.

To make a French Tart.

TAke a quarter of Almonds or thereabouts, and peel them, then beat them in a Mortar, take the white of the breaſt of a cold Capon, and take ſo much Lard as twice the quantity of the Capon, and ſo much Butter, or rather more, and half a Marrow-bone, and if the bone be little, then all the Marrow, with the juyce of one Lemon; beat them all together in a Mortar very well, then put in one half pound of Loaf-Sugar grated, then take a good piece of Citron, cut it in ſmall pieces, and half a quarter of Piſtanius, mingle all theſe together, take ſome flower, and the yolks of two or three Eggs, and ſome ſweet Butter, and work it with cold water.

To make Cakes of Pear-Plums.

TAke a pound of the clear, or of the Pulp, one pound of Sugar, and boyl it to a Sugar again, then break it as ſmall as you can, and put in the clear, when your Sugar is well melted in it, and almoſt cold, put it in glaſs plates, and ſet them into your ſtove as faſt as you can, with coals under them, and ſo twice a day whilſt they be dry enough to cut; if you make them of the clear, you muſt make Paſte of Apples to lay upon them, you muſt ſcald them, and beat them very well, and ſo uſe them as you do your Plums, and then you may put them into what faſhion you pleaſe.

To make Cakes, viz.

TAke a pound of Sugar finely beaten, four Yolks of Eggs, two whites, one half pound of Butter waſhed in Roſe-water, ſix ſpoonfuls of ſweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almoſt as hot as for Manchet.

chet, half an hour will bake them.

To make a Cake the way of the Royal Princeſs, The Lady Elizabeth, *daughter to King* CHARLES *the Firſt.*

TAke half a peck of Flower, half a pint of Roſe-water, a pint of Ale yeaſt, a pint of Cream, boyl it, a pound and an half of Butter, ſix Eggs, (leave out the whites) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it ſtand half an hour by the fire, and then work it again, and then make it up, and let it ſtand an hour and a half in the Oven; let not your Oven be too hot.

To make Paſte of Apricocks.

TAke your Apricocks and pare them, and ſtone them, then boyl them tender betwixt two diſhes on a Chafindiſh of Coles; then being cold, lay it forth on a white ſheet of Paper; then take as much ſugar as it doth weigh, and boyl it to a Candy height, with as much Roſe-water and fair water

water as will melt the Sugar, then put the Pulp into the Sugar, and ſo let it boyl till it be as thick as for Marmalet, now and then ſtirring of it, then faſhion it upon a Pye-plate like to half Apricocks, and the next day cloſe the half Apricocks to the other, and when they are dry they will be as clear as Amber, and eat much better than Apricock it ſelf.

To make Paſte of Pippins like leaves, and ſome like Plums, with their ſtones and ſtalks in them.

TAke Pippins pared and coared, and cut in pieces and boyled tender, ſo ſtrain them and take as much Sugar as the Pulp doth weigh, and boyl it to a Candy height, with as much Roſe-water, and fair water as will melt it, then put the Pulp into the hot Sugar, and let it boyl untill it be as thick as Marmalet; then faſhion it on a Pye-plate, like Oaken leaves, and ſome like half Plums, the next day cloſe the half Plums together, and if you pleaſe you may put the ſtones and ſtalks in them, and dry them in an Oven, and if you will have them look green, make the Paſt when Pippins

pins are green; and if you will have them look red, put a little Conſerve of Barberries in the Paſte, and if you will keep any of it all the year, you muſt make it as thin as Tart ſtuff, and put it in Gallypots.

To make Paſte of Elecampane roots, an excellent remedy for the Cough of the Lungs.

TAke the youngeſt Elecampane Roots, and boyl them reaſonably tender; then pith them and peel them; and ſo beat it in a Mortar, then take twice as much Sugar as the Pulp doth weigh, and ſo boyl it to a Candy height, with as much Roſe-water as will melt it; then put the Pulp into the Sugar, with the Pap of a roaſted apple, then let it boyl till it be thick, then drop it on a Pye-plate, and ſo dry it in an Oven till it be dry.

To make Paſte of flowers of the colour of Marble, taſting of natural flowers.

TAke every ſort of pleaſing flowers, as Violets, Cowſlips, Gilly-flowers, Roſes or Marigolds, and beat them in a Mor-

Mortar, each flower by it ſelf with Sugar, till the Sugar become the colour of the flower, then put a little Gum-Dragon ſteept in water into it, and beat it into a perfect paſte; and when you have half a dozen colours, every flower will take of his nature, then rowl the Paſte therein, and lay one piece upon another, in mingling ſort, ſo rowl your Paſte in ſmall rolls, as big and as long as your finger, then cut it off the bigneſs of a ſmall Nut, overthwart, and ſo rowl them thin, that you may ſee a Knife through them, ſo dry them before the fire till they be dry.

To make Paſte of Raſberries or Engliſh Currans.

TAke any of the Frails, and boyl them tender on a Chafindiſh of Coals betwixt two diſhes and ſtrain them, with the Pap of a roaſted Apple, then take as much Sugar as the Pulp doth weigh, and boyl it to a Candy height, with as much Roſe-water as will melt it; then put the Pulp into the hot Sugar, and let it boyl leiſurely till you ſee it as thick as Marmalet, then faſhion it on a Pye-plate, and put

put it into the Oven with two billets of wood, that the place touch not the bottom, and let them dry leiſurely till they be dry.

To make Naples Biſket.

TAke of the ſame ſtuff the Mackaroons are made of, and put to it an ounce of Pine-apple-ſeeds in a quarter of a pound of ſtuff, for that is all the difference between the Mackaroons and the Naples Biſket.

To make Italian Biſkets.

TAke a quarter of a pound of ſearſed Sugar, and beat it in an Alablaſter Mortar with the white of an Egg, and a little Gum-Dragon ſteeped in Roſe-water, to bring it to a perfect Paſte, then mould it up with a little Anniſeed and a grain of Muſk; then make it up like Dutch bread, and bake it on a Pye-plate in a warm Oven till they riſe ſomewhat high and white, take them out but handle them not till they be throughly cold and dry.

To

To make Prince Biskets.

TAke a pound of ſearſed Sugar, and a pound of fine flower, eight Eggs with two of the reddeſt yolks taken out, and ſo beat together one whole hour, then take you Coffins, and indoice them over with Butter very thin, then put to it an ounce of Anniſeeds, fine duſted, and when you are ready to fill your Coffins, put in the Anniſeeds, and ſo bake it in an Oven as hot as for Manchet

To make Marchpane to Ice and Guild, and garniſh it according to Art.

TAke Almonds and blanch them out of ſeething water, and beat them till they come to a fine paſte in a ſtone Mortar, then take fine ſearſed Sugar, and ſo beat it all together till it come to a perfect paſte, putting in now and then a ſpoonful of Roſe-water, to keep it from boyling; then cover your Marchpane with a ſheet of Paper as big as a Charger, then cut it round by that Charger, and ſet an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven or in a baking pan, and

and when it is hard and dry, take it out of the Oven, and Ice it with Roſewater and Sugar, and the white of an Egg, being as thick as Butter, and ſpread it over thin with two or three feathers, and then put it into the Oven again, and when you ſee it riſe high and white, take it out again and garniſh it with ſome pretty conceit, and ſtick ſome long Comfits upright in it, ſo guild it, then ſtrew Bisket and Carraways on it. If your March-pane be Oyly in beating, then put to it as much Roſe-water as will make it almoſt as thin as to Ice.

Lozenges.

TAke Bloſſoms of Flowers, and beat them in a bowl-diſh, and put them in as much clarified Sugar as may come to the colour of the Cover, then boyl them with ſtirring, till it is come Sugar again; then beat it fine, and ſearſe it, and ſo work it up to Paſte with a little Gum-Dragon, ſteep it in Roſe-water, then print it with your mould, and being dry, keep it up.

To make Walnuts Artificial.

TAke ſearſed Sugar, and Cinnamon, of quantity alike, work it up with a little Gum-Dragon, ſteep it in Roſe-water, and print it in a mould made like a Walnut ſhell, then take white Sugar Plates, print it in a mould made like a Walnut kernel, ſo when they are both dry, cloſe them up together with a little Gum-Dragon betwixt, and they will dry as they lye.

To make Collops like Bacon, of Marchpane.

TAke ſome of your Marchpane Paſte, and work it in red Saunders till it be red; then rowl a broad ſheet of white Paſte, and a ſheet of red Paſte, three of the white and four of the red, and ſo one upon another in mingled ſorts, every red between; then cut it overthwart till it look like Collops of Bacon, then dry it.

To make Artificial Fruits.

TAke a Mould made of Alablaſter, three yolks, and tye two pieces together, and lay

lay them in water an hour, and take as much Sugar as will fill up your mould, and boyl it in a *Manus Chriſti*, then pour it into your mould ſuddenly, and clap on the lid, round it about with your hand, and it will be whole and yellow, then colour it with what colour you pleaſe, half red, or half yellow, and you may yellow it with a little Saffron ſteeped in water.

Touching Preſerves and Pomanders.

To make an excellent Perfume to burn between two Roſe leaves.

TAke an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, ſix grains of Musk, a little Gum-Dragon ſteeped in water, and beat

beat all this to Paſte, then roll it in little pieces as big as you pleaſe, then put them betwixt two Roſe-leaves, and ſo dry them in a diſh in an Oven, and being ſo dried, they will burn with a moſt pleaſant ſmell.

To make Pomander.

TAke one ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all theſe Gums to a perfect paſte; in beating of it, put in ſix grains of Muſk, four grains of Civet; when you have beaten all this to a fine paſte with your hands with Roſewater, roll it round betwixt your hands, and make holes in the heads, and ſo ſtring them while they be hot.

To make an Ipſwitch Water.

TAke a pound of fine white Caſtle-ſope, ſhave it thin in a pint of Roſewater, & let it ſtand two or three dayes; then pour all the water from it, and put to it half a pint of freſh water; and ſo let it ſtand one whole day, then pour out that, and put half

a

a pint more, and let it ſtand a night more, then put to it half an ounce of powder called ſweet-Marjoram, a quarter of an ounce of the powder of Winter-Savoury, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three grains of Musk, and as much Ambergreece; work all theſe together in a fair Mortar; with the powder of an Almond Cake dryed, and beaten as ſmall as fine flower, ſo rowl it round in your hands in Roſewater.

To make a Sweet Smell.

TAke the Maſte of a ſweet-Apple-Tree, being gathered betwixt the two Lady dayes, and put to it a quarter of Damask Roſe-water, and dry it in a diſh in an Oven, wet it in drying two or three times with Roſe-water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ: theſe Gams being beaten to powder, with a few leaves of Roſes, then you may put what coſt of ſmells you will beſtow, as much Civet or Ambergreece, and beat it all together in a Pomander or Bracelet.

Touching

Touching Wines.

To make Hypocraſs.

TAke four gallons of Claret wine, eight ounces of Cinamon, three Oranges, of Ginger, Cloves, and Nutmegs a ſmall quantity, Sugar ſix pound, three ſprigs of Roſemary, bruiſe all the Spices ſomewhat ſmall, and ſo put them into the Wine, and keep them cloſe ſtopped, and often ſhaked together a day or two, then let it run through a gelly bag twice or thrice with a quart of new Milk.

The Lady Thornburghs *Syrup of Elders.*

TAke Elder berries when they be red, bruiſe them in a ſtone Mortar, ſtrain the juyce, and boyl it to a Conſumption of almoſt half, ſcum it very clear, take it off

off the fire whilſt it is hot, put in Sugar to the thickneſs of a Syrup; put it no more on the fire, when it is cold, put it into glaſſes, not filling them to the top, for it will work like Beer.

This cleanſeth the ſtomach and Spleen, and taketh away all obſtructions of the Liver, by taking the quantity of a ſpoonful in a morning, and faſting a ſhort time after it.

To make Jelly of Raſpeſs the beſt way.

TAke the Raſpis, and ſet them over the fire in a Poſnet, and gather out the thin juyce, the bottom of the skillet being cooled with fair water, and ſtrain it with a fine ſtrainer, and when you have as much as you will, then weigh it with Sugar, and boyl them till they come to a gelly, which you may perceive by drawing your finger on the back of the ſpoon.

To dry Fox skins.

TAke your ſhee Fox skins, nail them upon a board as ſtrait as you can, then bruſh them as clean as you can, then take

Aqua

Aqua Fortis, and put into it a ſixpence, and ſtill put in more as long as it will diſſolve it, then waſh your skin over with this water, and ſet it to dry in the Sun; and when it is dry, waſh it over with the ſpirits of Wine; this muſt be done in hotteſt time of Summer.

Choice Secrets made known.

To make true Magiſtery of Pearl.

DIſſolve two or three ounces of fine ſeed Pearl in diſtilled Vinegar, and when it is perfectly diſſolved, and all taken up, pour the Vinegar into a clean glaſs baſon; then drop ſome few drops of Oyl of Tartar upon it, and it will caſt down

down the Pearl into fine powder, then pour the Vinegar clean off ſoftly, then put to the Pearl clear Conduit or Spring water; pour that off and do ſo often untill the taſte of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your uſe.

How to make Hair grow.

TAke half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you riſe, in a ſawcer, and tye a little ſpunge to a fine box comb, and dip it in the water, and therewith moiſten the roots of the Hair, in combing it, and it will grow long, thick, and curled in a very ſhort time.

To write Letters of Secret, that they cannot be read without the directions following.

TAke fine Allom, beat it ſmall, and put a reaſonable quantity of it into water, then write with the ſaid water.

The work cannot be read but by ſteeping your paper in fair running water.

You

You may likewiſe write with Vinegar, or the juyce of a Lemon or Onion; if you would read the ſame you muſt hold it before the fire.

How to keep Wine from ſowring.

TYE a piece of very ſalt Bacon on the inſide of your barrel, ſo as it touch not the Wine, which will preſerve Wine from ſowring.

To take out ſpots of Greaſe or Oyl.

TAke bones of Sheeps feet, burn them almoſt to aſhes, then bruiſe them to powder, and put of it on the ſpot, and lay it in the Sun when it ſhineth hotteſt, when the Powder becomes black, lay on freſh in the place till it fetch out the ſpots, which will be done in a very ſhort time.

To make Hair grow black, though any colour.

TAke a little Aqua Fortis, put therein a groat or ſixpence, as to the quan-

tity of the aforeſaid water, then ſet both to diſſolve before the fire, then dip a ſmall ſpunge in the ſaid water, and wet your beard or hair therewith; but touch not the skin.

King Edward's *Perfume.*

TAke twelve ſpoonfuls of right red Roſe water, the weight of ſixpence in fine powder of Sugar, and boyl it on hot Embers and Coals ſoftly, and the houſe will ſmell as though it were full of Roſes; but you muſt burn the ſweet Cypreſs wood before, to take away the groſs air.

Queen Elizabeths *Perfume.*

TAke eight ſpoonfuls of Compound water, the weight of two-pence in fine powder of Sugar, and boyl it on hot Embers and Coles ſoftly, and half an ounce of ſweet Marjoram dried in the Sun, the weight of two-pence of the powder of Benjamin. This Perfume is very ſweet, and good for the time.

Mr.

Mr. Ferene *of the* New Exchange, *Perfumer to the Queen, his rare Dentifrice, ſo much approved of at Court.*

FIrſt take eight ounces of Irios roots, alſo four ounces of Pomiſtone, and eight ounces of Cuttle-bone, alſo eight ounces of Mother of Pearl, and eight ounces of Corral, and a pound of Brick if you deſire to make them red; but he did oftner make them white; and then inſtead of the Brick, did take a pound of fine Alablaſter: all this being throughly beaten, and ſifted through a fine ſearſe, the powder is then ready prepared to make up in a Paſte, which muſt be done as follows.

To make the ſaid Powder into a Paſte.

TAke a little Gum-Dragant, and lay it in ſteep twelve hours, in Orange flower water, or Damask Roſe-water, and when it is diſſolved, take the ſweet Gum, and grind it on a Marble ſtone with the aforeſaid powder, and mixing ſome crums of white-bread, it will come into a Paſte, the which you may make Dentifrices of what ſhape or faſhion you pleaſe, but rolls is the moſt commodious for your uſe.

The Receipt of the Lady Kents *Powder, preſented by her Lady-ſhip to the Queen.*

TAke white Amber, Crabs eyes, red Corral, Harts-horn and Pearl, all prepared ſeveral, of each a like proportion, tear and mingle them, then take Harts-horn gelly, that hath ſome Saffron put into a bag, diſſolve into it while the gelly is warm, then let the gelly cool, and therewith make a Paſte of the powders, which being made up into little Balls, you muſt dry gently by the fire ſide. Pearl is prepared by diſſolving it with the juyce of Lemons, Amber prepared by beating it to powder; ſo alſo Crabs eyes and Corrall, Harts-horn prepared by burning it in the fire, and taking the ſhires of it eſpecially, the pith wholly rejected.

A Cordial Water of Sr. Walter Rawleighs.

TAke a gallon of Strawberries, and put them into a pint of *Aqua vitæ*, let them ſtand ſo four or five dayes, ſtrain them gently out, and ſweeten the water as you pleaſe with fine Sugar; or elſe with Perfume.

The

The Lady Mallets *Cordial Water.*

TAke a pound of fine Sugar beaten and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Roſe-water, which you muſt alwayes pour ſtill through the bag, then four penny-worth of Angelica-water, four pence in Clove-water, four pence of Roſa Solis, one pint of Cinnamon water, or three pints and half of *Aqua Vitæ*, as you find it in taſte; put all theſe together three or four times through the bag or ſtrainer, and then take half an ounce of good Muskallis, and cut them groſly, and put them into a glaſs, and fill them with the water, *&c.*

A Soveraign water of Dr. Stephen's, *which he a long time uſed, wherewith he did many Cures; he kept it ſecretly till a little before his death, and then he gave it to the Lord Arch-Biſhop of* Canterbury *in writing, being as followeth,* viz.

TAke a Gallon of good Gaſcoine Wine, and take Ginger, Galingale, Cinamon,

Nutmegs, Cloves, Grains, Anniſeeds, Fennil-ſeed, of every of them a dram, then take Carraway ſeed, of red Mints, Roſes, Thyme, Pellitory of the Wall, Roſemary, wild Thyme, Camomile, the leaves if you cannot get the flowers, of ſmall Lavender, of each a handful, then bray the Spices ſmall, and bray the Hearbs, and put all into the Wine, and let it ſtand ſo twelve hours, ſtirring it divers times, then ſtill it in a Limbeck, and keep the firſt water, for it is beſt, then put the ſecond water by it ſelf, for it is good, but not of ſuch Virtues, *&c.*

The Virtues of this Water.

IT comforts the Vital Spirits, and helps all inward Diſeaſes that come of cold, it is good againſt the ſhaking of the Palſie; it cures the contraction or the Sinews, helps the conception of Women if they be Barren, it kills the Worms in the Belly and Stomach; it cures the cold Dropſie, and helps the Stone in the Bladder, and in the Reins of the Back; it helps ſhortly the ſtinking breath, and whoſoever uſeth this Water morning and evening, (and not too often) it preſerveth him in good liking, and will make him ſeem young very long, and com-

comforteth Nature marvelouſly; with this water did Mr. *Stephens* preſerve his life till extream age would not let him go or ſtand; and he continued five years, when all the Phyſicians judged he would not live a year longer, nor did he uſe any other Medicine but this, *&c.*

A Plague water to be taken one ſpoonful every four hours with one ſweat every time.

TAke Scabious, Bettony, Pimpernel, and Turmentine roots, of each a pound, ſteep theſe all night in three Gallons of ſtrong Beer, and diſtill them all in a Limbeck, and when you uſe it, take a ſpoonful thereof every four hours, and ſweat well after it, draw two quarts of water, if your Beer be ſtrong, and mingle them both together.

Poppy-Water.

TAke four pound of the flowers of Poppies well pickt and ſifted, ſteep them all night in three Gallons of Ale that is ſtrong, and ſtill it in a Limbeck; you may draw two quarts, the one will be ſtrong and the other will be ſmall, *&c.*

A Water for a Conſumption, or for a Brain that is weak.

TAke Cream (or new Milk) and Claret Wine, of each three pints, of Violet-flowers, Bugloſs and Borage flowers, of each a ſpoonful, Comfrey, Knot-graſs, and Plantain, of theſe half a handful, three or four Pome-waters ſliced, a ſtick of Liquoriſh, ſome Pompion ſeeds and ſtrings; put to this a Cock that hath been chaſed and beaten before he was killed, dreſs it as to boyl, and parboyl it untill there be no blood in it; then put them in a pot, and ſet them over your Limbeck, and the ſoft fire, draw out a pottle of water, then put your water in a Pipkin over a Charcoal fire, and boyl it a little while, diſſolve therein ſix ounces of white Sugar-candy, and two penny weight of Saffron: when it is cold ſtrain it into a glaſs, and let the Patient drink three or four ſpoonfuls, three or four times a day Blood-warm; your Cock muſt be cut into ſmall pieces, and the bones broken, and in caſe the flowers and herbs are hard to come by, a ſpoonful of their ſtilled waters are to be uſed.

Another

Another of the ſame.

TAke a pottle of good Mik, one pint of Muskadine, half a pint of red Roſe-water, a penny Manchet ſliced thin, two handfuls of Raiſins of the Sun ſtoned, a quarter of a pound of fine Sugar, ſixteen Eggs beaten; mix all theſe together, then diſtill them in a common ſtill with a ſoft fire, then let the Patient drink three or four ſpoonfuls at a time blood-warm, being ſweetned with *Manus Chriſti* made with Corral and Pearl; when your things are all in the ſtill, ſtrew four ounces of Cinnamon beaten, this water is good to put into broath, *&c.*

A good Stomach Water.

TAke a quart of Aqua Compoſita, or Aqua Vitæ; (the ſmaller) and put into it one handful of Cowſlip flowers, a good handful of Roſemary flowers, ſweet Marjoram, a little Pellitory of of the Wall, a little Bettony and Balm, of each a little handful, Cinnamon half an ounce, Nutmegs a dram, Anniſeeds, Coriander

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riander ſeeds, Caraway ſeeds, Gromel ſeeds, Juniper berries, of each a dram, bruiſe the ſpice and ſeed, and put them into Aqua Compoſita, or Aqua Vitæ, with your herbs together, and put into them a pound of very fine Sugar, ſtirr them well together, and put them into a glaſs, and let it ſtand in the Sun nine dayes, and ſtir it every day; two or three Dates, and a little race of Ginger ſliced into it will make it the better, eſpecially againſt wind, *&c.*

A bag of Purging Ale.

TAke of Agrimony, Speed-well, Liverwort, Scurvy-graſs, Water-Creſſes, of each a handful, of Monk, of Rhubarb, and red Madder, of each half a pound, of Horſe-radiſhes three ounces, Liquoriſh two ounces, Saſſafrage four ounces, Sena ſeven ounces, ſweet Fennil-ſeeds two drams, Nutmegs four; pick and waſh your herbs and roots, and bruiſe them in a Mortar, and put them in a bag made of a Bolter, and ſo hang them in three gallons of middle Ale, and let it work in the Ale, and after three dayes you may drink it as you ſee occaſion, *&c.*

The Ale of Health and Strength, by Viſcount St. Albans.

TAke Saſſafras wood half an ounce, Sarſaparilla three ounces, white Saunders one ounce, Chamapition an ounce, China-root half an ounce, Mace a quarter of an ounce, Chamapition an ounce, cut the wood as thin as may be with a Knife into ſmall pieces, and bruiſe them in a Mortar; put to them theſe ſorts of Herbs, (*viz.*) Cow-ſlip flowers, Roman wormwood, of each a handful, of Sage, Roſemary, Bettony, Mugwrot, Balm and ſweet Marjoram, of each half a handful, of Hops; boyl all theſe in ſix Gallons of Ale till it come to four; then put the wood and herbs into ſix gallons of Ale of the ſecond wort, and boyl it till it come to four, let it run from the dregs, and put your Ale together, and tun it as you do other purging Ale, *&c.*

A Water excellent good againſt the Plague.

TAke three pints of Malmſey, or Muſcadine, of Sage and Rue, of each one handful, boyl them together gently to one

one pint, then ſtrain it and ſet it on the fire again, and put to it one pennyworth of long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boyl a little, take it off the fire, and while it is very hot, diſſolve therein ſix pennyworth, of Mitridate, and three pennyworth of Venice Treacle, and when it is almoſt cold, put to it a pint of ſtrong Angelica water, or ſo much *Aqua Vitæ*, and ſo keep it in a glaſs cloſe ſtopped.

A Cordial Cherry Water.

TAke a pottle of *Aqua Vitæ*, two ounces of ripe Cherries ſtoned, Sugar one pound twenty four Cloves, one ſtick of Cinnamon, three ſpoonfuls of Anniſeed bruiſed, let theſe ſtand in the *Aqua Vitæ* fifteen dayes, and when the water hath fully drawn out the tincture, pour it off into another glaſs for your uſe, which keep cloſe ſtopped, the Spice and the Cherries you may keep, for they are very good for wind in the Stomach.

The Lord Spencers *Cherry-Water.*

TAke a pottle of new Sack, four pound of through ripe Cherries ſtoned, put them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruiſed one dram, tops of Balm, Roſemary, or their flowers, of each one handful, let them ſtand cloſe covered twenty four hours, now and then ſtirring them; then put them into a cold ſtill, to which put of beaten Amber two drams, Coriander ſeed one ounce, Alkerms one dram, and diſtill it leiſurely, and when it is fully diſtilled, put to it twenty graines of Musk. This is an excellent Cordial, good for Faintings and Swoonings. for the Crudities of the ſtomach, Wind and ſwelling of the Bowels, and divers other evil ſymptoms in the body of Men or Women.

The hearbs to be diſtilled for Uſquebah.

TAke Agrimony, Fumitory, Bettony, Bugloſs, Worm-wood, Harts-tonge, Carduus Benedictus, Roſemary, Angelica, Tormentil, of each of theſe for every gallon

gallon of Ale one handful, Anniſeeds and Liquoriſh well bruiſed half a pound, ſtill theſe together, and when it is ſtilled, you muſt infuſe Cinamon, Nutmeg, Mace, Liquoriſh, Dates, and Raiſins of the Sun, and Sugar what quantity you pleaſe. The infuſion muſt be till the colour pleaſe you.

Dr. Kings *way to make Mead.*

TAke five quarts and a pint of water, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it muſt boyl till the ſcum riſe black, that you will have it quickly ready to drink, ſqueeze into it a Lemon when you tun it. It muſt be cold before you tun it up.

To make Syrup of Rasberries.

TAke nine quarts of Rasberries, clean pickt, and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paſte it up very cloſe, and ſet it in a Cellar for ten dayes, then diſtill it in a Glaſs or Roſe-ſtill, then

then take more Sack and put in Rasberries to it, then when it hath taken out all the colour of the Raſpiſs, ſtrain it out, and put in ſome fine Sugar to your taſte, and ſet it on the fire, keeping it continually ſtirring till the ſcum doth riſe; then take it off the fire, let it not boyl, skim it very clean, and when it is cold put it to your diſtilled Raſpiſs; but colour it no more than to make it a pale Clarret Wine. This put into bottles or gaſſes ſtopt very cloſe.

To make Lemon Water.

TAke twelve of the faireſt Lemons, ſlice them, and put them into two pints of white-Wine, and put to them Cinamon two drams, Gallingale two drams, of Roſe-leaves, Borage and Bugloſs flowers, of each one handful, of yellow Saunders one dram: ſteep all theſe together twelve hours; then diſtill them gently in a glaſs ſtill, untill you have diſtilled one pint and an half of the water, and then add to it three ounces of Sugar, one grain of Ambergreece, and you will have a moſt pleating cleanſing Cordial water for many uſes.

To make Gilly-flower Wine.

TAke two ounces of dryed Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grind ſome Ambergreece, and put it in the bottle and ſhake it off, then run it through a gelly-bag, and give it for a great Cordial after a weeks ſtanding or more. You make Lavender as you do this.

The Lady Spotſwoods *Stomach-Water.*

TAke white-Wine one pottle, Roſemary and Cowſlip flowers, of each one handful, as much Betrony leaves Cinnamon and Cloves groſly beaten, of both one ounce; ſteep all theſe three dayes, ſtirring it often; then put to it Mithridate four ounces, and ſtir it together, and diſtill it in an ordinary ſtill.

Water

Water of Thyme for the Paſſion of the heart.

TAke a quart of white-Wine, and a pint of Sack, ſteep in it as much broad Thyme as it will wet, put to it of Galingale and Calamus Aromaticus, of each one ounce, Cloves, Mace, Ginger, and graines of Paradiſe two drams, ſteep theſe all night, the next morning diſtill it in an ordinarary ſtill, and drink it warm with Sugar.

A Receipt to make damnable Hum.

TAke Spices de Gemmis, Aromaticum Roſatum, Diarrhodon Abbatis, Letificans Galeni, of each four drams, Loaf-Sugar beaten to powder half a pound, ſmall Aqua Vitæ three pints, ſtrong Angelica water one pint; mix all theſe together, and when you have drunk it to the Dregs, you may fill it up again with the ſame quantity of water. The ſame powders will ſerve twice, and after twice uſing it, it muſt be made new again.

An Admirable Water for ſore eyes.

TAke *Lapis Tutiæ*; Aloes Hepatica, fine hard Sugar, of each three drams, beat them very ſmall, and put them into a glaſs of three pints, to which put red Roſe-water and white-wine, of each one pint; ſet the Glaſs in the Sun, in the Moneth of *July*, for the whole Month, ſhaking it twice in a day for all that while; then uſe it as followeth, put one drop thereof into the eye in the Evening, when the party is in bed, and one drop in the morning an hour before the patient riſeth. Continue the uſe of it till the eyes be well. The older the Water, the better it is. Moſt approved.

A Snail Water for weak Children, and old People.

TAke a pottle of Snails, and waſh them well in two or three waters, and then in ſmall beer, bruiſe them ſhells and all, then put them into a gallon of red Cows Milk, red Roſe leaves dried, the whites cut off, Roſemary, ſweet Marjoram, of each

each one hanful, and ſo diſtill them in a cold ſtill, and let it drop upon powder of white Sugarcandy in the Receiver; drink of it firſt and laſt, and at four a clock in the afternoon, a wine glaſs full at a time.

Clary Water for the Back, Stomach, &c.

TAke three Gallons of midling Beer, put it in a great braſs pot of four gallons, and put to it ten handfuls of Clary gathered in a dry day, Raiſins of the Sun ſtoned, three pounds, Anniſeeds, and Liquoriſh, of each four ounces, the whites and ſhells of twenty four Eggs, or half ſo many, if there be not ſo much need in the back, the ſhells ſmall, and mix them with the whites; put to the bottoms of three white loves, put into the Receiver one pound of white Sugarcandy, or ſo much fine Loaf-Sugar beaten ſmall, and diſtill it through a Limbeck, keep it cloſe, and be ſeldom without it; for it reviveth very much the ſtomach and heart, ſtrengthneth the back, procureth appetite and digeſtion, driveth away Melancholly, ſadneſs and heavineſs of the heart, *&c.*

Dr. Montfords *Cordial Water.*

TAke Angellica leaves twelve handfuls, ſix leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the ſeeds of Angellica and ſweet Fennil, of each five ounces bruiſed, ſcraped and bruiſed Liquoriſh twelve ounces, Aromaticum Roſatum, Diamoſcus dúlcis, of each ſix drams; the Herbs being cut ſmall, the Seeds and Liquoriſh bruiſed, infuſe them into two gallons of Canary Sack for twenty four hours then diſtill it with a gentle fire, and draw off only five pints of the Spirits, which mix with one pound of the beſt Sugar diſſolved into a Syrup in half a pint of red Roſe water.

Aqua Mirabilis Sr. Kenelm Digby's *way.*

TAke Cubebs, Galingale, Cardamus, Mellilot flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram bruiſed ſmall, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, Sugar one pound, flower of Cowſlips, Roſemary Borrage, Bugloſs, Marigolds, of each two

two drams, the beſt Sack three pints, ſtrong Angellica water one pint, red Roſe-water half a pint, bruiſe the Spices and Flowers, and ſteep them in the Sack and juyces one night, the next morning diſtill it in an ordinary or glaſs ſtill, and firſt, lay Hearts-tong leaves, in the bottom of the ſtill.

The Virtues of the precedent Water.

This water preſerveth the Lungs without grievances, and helpeth them; being wounded, it ſuffereth not the blood to putrifie, but multiplyeth the ſame; this water ſuffereth not the heart to burn, nor Melancholy, nor the Spleen to be lifted up above nature; it expelleth the Rhume, preſerveth the Stomach, Conſerveth youth, and procureth a good colour, it preſerveth memory, it deſtoyeth the Palſie; if this be given to one a dying, a ſpoonful of it reviveth him; in the Summer uſe one ſpoonful a week faſting, in the Winter two ſpoonfuls.

A Water for fainting of the Heart.

TAke Bugloſs, and red Roſe-water, of each one pint, Milk half a pint, Anniſeeds and Cinnamon groſly bruiſed, of each half

half an ounce, Maiden hair two handfuls, Hearts-tongue one handful, both ſhred, mix all together, and diſtill it in an ordinay ſtill, drink of it morning and evening with a little Sugar.

A Surfeit Water.

TAke half a buſhel of red Corn Poppy, put it into a large diſh, cover it with brown Paper, and lay another diſh upon it, ſet it in an Oven after brown bread is baked divers times till it be dry, which put into a pottle of good *Aqua Vitæ*, to which put Raiſins of the Sun ſtoned half a pound, ſix figs ſliced, three Nutmegs ſliced, two ſtalks of Mace bruiſed, two races of Ginger ſliced, one ſtick of Cinnamon bruiſed, Liquoriſh ſliced one ounce, Anniſeed, Fennil-ſeed, and Cardamums bruiſed, of each one dram; put all theſe into a broad glaſs body, and lay firſt ſome Poppey in the bottom, then ſome of the other ingredients, then Poppy again, and ſo untill the Glaſs be full; then put in the *Aqua Vitæ*, and let it infuſe till it be ſtrong of the Spices, and very red with the Poppy, cloſe covered, of the which take two or three ſpoonfuls upon a Surfeit, and when

when all the liquor is ſpent, put more *Aqua Vitæ* to it, and it will have the ſame effect the ſecond time, but no more after.

Dr. Butlers *Cordial water againſt Melancholy, &c. moſt approved.*

TAke the flowers of Cowſlips, Marigolds, Pinks, Clove-gillyflowers ſingle ſtock-gillyflowers, of each four handfuls, the flowers of Roſemary, and Damask Roſes, of each three handfuls, Borage and Bugloſs flowers, and Balm-leaves, of each two handfuls; put them in a quart of Canary Wine into a great Bottle or Jug cloſe ſtopped with a Cork, ſometimes ſtirring the flowers and Wine together, adding to them Anniſeeds bruiſed one dram, two Nutmegs ſliced, Engliſh Saffron two penny worth; after ſome time of infuſion, diſtill them in a cold ſtill with a hot fire, hanging at the Noſe of the ſtill, Ambergreece and Musk, of each one grain; then to the diſtilled water put white Sugarcandy finely beaten ſix ounces, and put the glaſs wherein they are into hot water for one hour. Take of this water at one time three ſpoonfuls thrice a week, or when you are

ill, it cureth all Melancholy Fumes, and infinitely comforts the ſpirits.

The admirable and moſt famous Snail-Water.

TAke a peck of garden ſhell Snails, waſh them well in ſmall Beer, and put them in a hot Oven till they have done making a noiſe, then take them out and wipe them well from the green froth that is upon them and bruiſe them ſhells and all in a ſtone Mortar, then take a quart of earth-worms, ſcowre them with Salt, ſlit them and waſh them well with water from their filth, and in a ſtone Mortar beat them to pieces, then lay in the bottom of your diſtilled pot Angellica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Roſemary-flowers, Bears-foot, Agrimony, red Dock roots, Bark of Barberries, Bettony, wood-Sorrel, of each two handfuls, Rue one handful; then lay the Snails and Worms on the top of the herbs and flowers, then pour on three gallons of the ſtrongeſt Ale; and let it ſtand all night, in the morning put in three ounces of Cloves beaten, ſix penny-worth

worth of beaten Saffron, and on the top of them, ſix ounces of ſhaved Harts-Horn, then ſet on the Limbeck, and cloſe it with paſte, and ſo receive the water by pints, which will be nine in all, the firſt is the ſtrongeſt, whereof take in the morning two ſpoonfuls in four ſpoonfuls of ſmall Beer, and the like in the afternoon: you muſt keep a good Diet, and uſe moderate exerciſe to warm the blood.

This Water is good againſt all Obſtructions whatſoever, It cureth a Conſumption and Dropſie, the ſtopping of the Stomach and Liver. It may be diſtilled with Milk for weak people and Children, with Harts-tongue and Elecampane.

A ſingular Mint-water.

TAke a ſtill full of Mints, put Balm and Penny-royal, of each one good handful, ſteep them in Sack, or Lees of Sack twenty four hours, ſtop it cloſe, ſtir it now and then: Diſtill it in an ordinary Still with a very quick fire, and keep the Still with wet cloaths, put into the Receiver as much Sugar as will ſweeten it, and ſo double diſtill it.

Diſtillings.

A moſt excellent Aqua Cœleſtis *taught by Mr.* Philips Apothecary.

TAke of Cinamon one dram, Ginger half a dram, the three ſorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs, of each of them one dram, Cardamon the bigger

and

and leſſer, of each three drams, Setwell-roots half an ounce, Anniſeed, Fennil-ſeed, Baſil-ſeed, of each two drams, Angelica roots, Gillyflowers, Thyme, Calamint, Liquoriſh, Calamus, Maſter-wort, Pennyroyal, Mint, Mother of Thyme, Marjoram, of each two drams, red Roſe-ſeed, the flowers of Sage and Bettony, of each a dram and a half, Cloves, Galingale, Nutmegs, of each two drams, the flowers of Stechadoes, Roſemary, Borage and Bugloſs flowers, of each a dram and half, Citron Rinds three drams; bruiſe them all, and put in thoſe Cordial Powders, Diamber Aromaticum, Diamaſcum, Diachoden, the Spices made with Pearl, of each three drams; infuſe all theſe in twelve pints of *Aqua Vitæ*, in a glaſs cloſe ſtopped for fifteen dayes often ſhaking it, then let it be put in a Limbeck cloſe ſtopped, and let it be diſtilled gently; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreece, and ten or twelve grains of Gold, and ſo receive it to your uſe.

Hypocras taught by Dr. Twin *for Wind in the Stomach.*

TAke Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce groſly beaten, Roſemary, Agrimony both ſhred, of each a few crops, red Roſe-leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay theſe to ſteep in a gallon of good Rheniſh or White-wine in a cloſe veſſel, ſtirring it two or three times a day the ſpace of three or four dayes together, then ſtrain it through an Hypocraſs ſtrainer, and drink a draught of it before meat half an hour, and ſometimes after to help digeſtion.

Marigold flowers diſtilled good for the pain of the Head.

TAke Marigold flowers and diſtill them, then take a fine cloth and wet it in the aforeſaid diſtilled water, and ſo lay it to the forehead of the Patient, and being ſo applyed, let him ſleep if he can: this with Gods help will ceaſe the pain.

A Water good for Sun-burning.

TAke Water drawn off the Vine-dropping, the flowers of white Thorn, Bean Flowers, Water-Lilly-flowers, Garden-Lilly-flowers, Elder-flowers, and Tanſie-flowers, Althea-flowers, the whites of Eggs, French-Barley.

The Lady Giffords *Cordial Water.*

TAke four quarts of *Aqua Vitæ*, Borrage, and Poppy-water, of each a pint, two pound of Sugarcandy, one pound of Figs ſliced, one pound of Raiſins of the Sun ſtoned, two handfuls of red Roſes clipped and dryed, one handful of red Mint, half a handful of Roſemary, as much of Hyſop, a few Cloves; put all theſe in a great double Glaſs cloſe ſtopped, and ſet it in the Sun three months, and ſo uſe it.

A Water for one penſive and very ſicck, to comfort the Heart very excelleent.

TAke a good ſpoonful of *Manus Chriſti*, beaten very ſmall into powder, then take a quarter of a pound of very fine Sugar, and beat it ſmall, and ſix ſpoonfuls of Cinnamon-water, and put to it, and ten ſpoonfuls of red Roſe-water; mingle all theſe together, and put them in a diſh, and ſet them over a ſoft fire five or ſix Walms; and ſo let it be put into a glaſs, and let the party drink thereof a ſpoonful or two, as he ſhall ſee cauſe.

To Perfume Water.

TAke Malmſey or any kind of ſweet water; then take Lavender, Spike, ſweet-Marjoram, Balm, Orange-peels, Thyme, Baſil, Cloves, Bay-leaves, Wood-bine-flowers, red and white Roſes, and ſtill them all together.

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FINIS.

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Whether { *Italian*, *Spaniſh* or *French*. }

For Dreſſing of *Fleſh* and *Fiſh*, ordering of *Sauces* Or making of

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whether *Italian*, *Spaniſh* or *French*, for Dreſſing of FLESH *and* FISH, *&c.*

To make a Poſſet the Earl of Arundels *way.*

TAke a quart of Cream, and a quarter of a Nutmeg in it, then put it on the fire, and let it boyl a little while, and as it is boyling, take a pot or baſon, that you mean to make your Poſſet in, and put in three ſpoonfuls of Sack, and ſome eight of Ale

Ale, and ſweeten it with Sugar, then ſet it over the Coals to warm a little while, then take it off and let it ſtand til it be almoſt cool, then put it into the pot or baſon, and ſtir it a little, and let it ſtand to ſimper over the fire an hour or more, for the longer the better.

To boyl a Capon Larded with Lemons.

TAke a fair Capon and truſs him, boyl him by himſelf in fair water, with a little ſmall Oatmeal, then take Mutton broth, and half a pint of white-Wine, a bundle of herbs, whole Mace, ſeaſon it with Verjuyce, put Marrow, Dates, ſeaſon it with Sugar, then take preſerved Lemons and cut them like Lard, and with a larding-pin lard it in, then put the Capon in a deep diſh, thicken your broth with Almonds, and pour it on the Capon.

To bake Red Deer.

PArboyl it, and then ſauce it in Vinegar, then lard it very thick, and ſeaſon it with Pepper, Ginger, and Nutmegs, put it into a deep Pye with good ſtore of ſweet Butter, and let it bake, when it is baked take a pint of Hypocraſs, half a pound

of

of ſweet Butter, two or three Nutmegs, a little Vinegar, put it into the Pye in the Oven, and let it lye and ſoak an hour, then take it out, and when it is cold ſtop the vent-hole.

To make fine Pancakes fryed without Butter or Lard.

TAke a pint of Cream, and ſix new-laid Eggs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg, or a little beaten Mace (which you pleaſe) and ſo much flower as will thicken almoſt as much as ordinarily Pancake-batter; your Pan muſt be heated reaſonable hot, and wiped with a clean cloth, this done put in your Batter as thick or thin as you pleaſe.

To dreſs a Pig the French Manner.

TAke it and ſpit it, and lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the ſpit as another Pig is, and ſo divide it into twenty pieces more or leſs as you pleaſe; when you

you have ſo done, take ſome white-Wine and ſtrong Broth, and ſtew it therein, with an Onion or two mixed very ſmall, a little Thyme alſo minced with Nutmeg ſliced and grated Pepper, ſome Anchoves and Elder Vinegar, and a very little ſweet Butter, and Gravy if you have it, ſo diſh it up with the ſame Liquor it is ſtewed in, with French bread ſliced under it, with Oranges and Lemons.

To make a Steak Pye with a French Pudding in the Pye.

SEaſon your Steaks with Pepper and Nutmegs, and let it ſtand an hour in a Tray; then take a piece of the leaneſt of a Leg of Mutton, and mince it ſmall with ſuet and a few ſweet Herbs, tops of young Thyme, a branch of Pennyroyal, two or three of red Sage, grated bread, yolks of Eggs, ſweet Cream, Raiſins of the Sun; work altogether like a Pudding with your hand ſtiff, and rowl them round like balls, and put them into the Steaks in a deep Coffin, with a piece of ſweet Butter; ſprinkle a little Verjuyce on it, bake it, then cut it up, and rowl Sage leaves and fry them, and ſtick them upright in the walls, and ſerve your Pye without a cover, with the juice of an Orange or Lemon

An

An Excellent way of dreſſing Fiſh.

TAke a piece of freſh Salmon, and waſh it clean in a little Vinegar and water, and let it lye a while in it, then put it into a great Pipkin with a cover, and put to it ſome ſix ſpoonfuls of water and four of Vinegar, and as much of white-Wine, a good deal of Salt, a handful of ſweet hearbs, a little white Sorrel, a few Cloves, a little ſtick of Cinnamon, a little Mace, put all theſe in a Pipkin cloſe, and ſet it in a Kettle of ſeething water, and there let it ſtew three hours.

You may do Carps, Eels, Trouts, &c. this way, and they taſte alſo to your mind.

To fricate Sheeps Feet.

TAke Sheeps feet ſlit the bones, and pick them very clean, then put them in a Frying-pan with a Ladleful of ſtrong Broth, a piece of Butter, and a little Salt, after they have fryed a while, put to them a little Parſley green Chibbalds, a little young Spearmint and Thyme, all ſhred very ſmall, and a little beaten Pepper; when you think

think they are fryed almoſt enough, have a lear made for them with the yolks of two or three Eggs, ſome gravy of Mutton, a little Nutmeg, and juyce of a Lemon wrung therein, and put this lear to the Sheeps feet as they fry in the Pan, then toſs them once or twice, and put them forth into the Diſh you mean to ſerve them in.

To fricate Calves Chaldrons.

TAke a Calves Chauldron, after it is little more than half boyled, and when it is cold, cut it into little bits as big as Walnuts; ſeaſon it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parſley, and a little Tarragon, all ſhred very ſmall, then put it into a Frying-pan with a Ladleful of ſtrong broth, and a little ſweet Butter, ſo fry it; when it is fryed enough, have a little lear made with the gravy of Mutton, the juce of a Lemon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all to your Chaldrons in the Pan, toſs your fricate two or three times, then diſh it, and ſo ſerve it up.

To fricate Champigneons.

MAke ready your Champigneons as you do for ſtewing, and when you have powred away the black liquor that comes from them, put your Champigneons into a Frying-pan with a piece of ſweet Butter, a little Parſley, Thyme, ſweet-Marjoram, a piece of Onion ſhred very ſmall, a little Salt and fine beaten Pepper, ſo fry them them till they be enough, ſo have ready the lear aboveſaid, and put it to the Champigneons whilſt they are in the Pan, toſs them two or three times, put them forth and ſerve them.

To make Buttered Loaves.

TAke the yolks of twelve Eggs, and ſix whites, and a quarter of a pint of yeaſt, when you have beaten the Eggs well, ſtrain them with the yeaſt into a diſh, then put to it a little Salt, and two races of Ginger beaten very ſmall, then put flower to it till it come to high Paſte that will not cleave, then you muſt rowl it upon your hands, and afterwards put it into a warm Cloth, and let it lye there a quarter of an hour, then make it up in little Loaves, bake it againſt

againſt it is baked, prepare a pound and a half of Butter and a quarter of a pint of white-Wine, and half a pound of Sugar; this being melted and beaten together with it, ſet them in the Oven a quarter of an hour.

To murine Carps, Mullet, Gurnet, Rochet or Wale, &c.

TAke a quart of water to a gallon of Vinegar, a good handful of Bay-leaves, as much Roſemary, a quarter of a pound of Pepper beaten; put all theſe together, and let it ſeeth ſoftly, and ſeaſon it with a little Salt, then fry your Fiſh with frying Oyl till it be enough, then put it in an earthen veſſel, and lay the Bay-leaves and Roſemary between and about the Fiſh, and pour the Broth upon it, and when it is cold, cover it, *&c.*

To make a Calves Chauldron Pye.

TAke a Calves Chauldron, half boyl it, and cool it, when it is cold mince it as ſmall as grated Bread, with half a pound of Marrow; ſeaſon it with Salt, beaten Cloves, Mace, Nutmeg, a little Onion, and ſome of the outmoſt rind of a Lemon minced

minced very ſmall, and wring in the juyce of half a Lemon, and then mix all together, then make a piece of puff Paſte, and lay a leaf thereof in a ſilver diſh of the bigneſs to contain the meat, then put in your meat, and cover it with another leaf of the ſame paſte, and bake it; and when it is baked take it out and open it, and put in the juyce of two or three Oranges, ſtir it well together, then cover it again and ſerve it. Be ſure none of your Orange kernels be among your Py-meat.

To make a Pudding of a Calves Chauldron.

TAke your Chauldron after it is half boyled and cold, mince it as ſmall as you can with half a pound of beef-ſuet, or as much marrow, ſeaſon it with a little Onion, Parſley, Thyme, and the outmoſt rind of a piece of Lemon, all ſhred very ſmall, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yolks of four or five Eggs, and a little ſweet Cream; then have ready the great guts of a Mutton ſcraped and waſhed very clean; let your Gut have lain in white Wine and Salt half a day before you uſe it; when your meat is mixed and made up ſomewhat ſtiff, put it into the ſheeps gut, and ſo boyl it, when

when it is boyled enough, ſerve it to the Table in the Gut.

To make a Banbury Cak.

TAke a peck of pure Wheat-flower, ſix pound of Currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeaſt, and a little Roſewater; then boyl as much new Milk as will ſerve to knead it, and when it is almoſt cold, put into it as much Sack as will thicken it and ſo work it all together before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonſhire *White-pot.*

TAke a pint of Cream and ſtrain four Eggs into it, and put a little Salt and a little ſliced Nutmeg, and ſeaſon it with Sugar ſomewhat ſweet, then take almoſt a penny Loaf of fine bread ſliced very thin, and put it into a Diſh that will hold it, the Cream and the Eggs being put to it, then take a handful of Raiſins of the Sun being boyled, and a little ſweet Butter, ſo bake it.

To

To make Rice-Cream.

TAke a quart of Cream, two good handfuls of Rice-flower, a quarter of a pound of Sugar and flower beaten very ſmall, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a ſpoonful or two of Roſewater, then put it to the Cream, and ſtir all theſe together, and ſet it over a quick fire, keeping it continually ſtirring till it be as thick as water-pap.

To make a very good great Oxfordſhire *Cake.*

TAke a peck of flower by weight, and dry it a little, and a pound and a half of Sugar, an ounce of Cinnamon, half an ounce of Nutmegs, a quarter of an ounce of Mace and Cloves, a good ſpoonful of Salt, beat your Salt and Spice very fine, and ſearſe it, and mix it with your flower and Sugar, then take three pound of Butter, and work it in the flower, it will take three hours working; then take a quart of Ale-yeaſt, two quarts of Cream, half a pint of Sack, ſix grains of Ambergreece diſſolved in it, half a pint

pint of Roſewater, ſixteen Eggs, eight of the whites, mix theſe with the flower, and knead them well together, then let it lye warm by your fire till your Oven be hot, which muſt be little hotter than for Manchet; when you make it ready for your Oven, put to your Cake ſix pound of Currans, two pound of Raiſins of the Sun ſtoned and minced, ſo make up your Cake, and ſet it in your Oven ſtopped cloſe; it will take three hours baking; when baked, take it out and froſt it over with the white of an Egg and Roſe-water well beat together, and ſtrew fine Sugar upon it, and then ſet it again into the Oven that it may ice.

To make a Pumpion Pye.

TAke about half a pound of Pumpion and ſlice it, a handful of Thyme, a little Roſemary, Parſley, and ſweet Marjoram ſlipped off the ſtalks, and chop them ſmall, then take Cinnamon, Nutmeg, Pepper, and ſix Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them all together, and put in as much Sugar as you think fit, then fry them like a froize, after it is fryed, let it ſtand till it be cold, then

then fill your Pye, take ſliced Apples thin round wayes, and lay a row of the Froiz, and a layer of Apples, with Currans betwixt the layer while your Pye is fitted, and put in a good deal of ſweet butter before you cloſe it; when the Pye is baked, take ſix yolks of Eggs, ſome white-Wine or Verjuyce, and make a Caudle of this, but not too thick; cut up the lid and put it in, ſtir them well together whilſt the Eggs and Pumpions be not perceived, & ſo ſerve it up.

To make the beſt Sauſages that ever were eat.

TAke a Leg of young Pork, and cut off all the lean, and ſhred it very ſmall, but leave none of the ſtrings or skins amongſt it, then take two pound of Beef-ſuet and ſhred it ſmall, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a ſmall piece of an Onion, chop them altogether with the fleſh and Suet; if it is ſmall enough, put the yolk of two or three Eggs, and mix altogether, and make it up in a paſte if you will uſe it, rowl out as many pieces as you pleaſe in the form of an ordinary Sauſage, and ſo fry them: this paſte will keep a fortnight upon occaſion.

To boyl a freſh Fiſh.

TAke a Carp, or other, and put them into a deep diſh, with a pint of white Wine, a large Mace; a little Thyme, Roſemary, a piece of ſweet Butter, and let him boyl between two diſhes in his own blood; ſeaſon it with Pepper and Verjuyce, and ſo ſerve it up on Sippets.

To make Fritters.

TAke half a pint of Sack, a pint of Ale, ſome Ale-yeaſt, nine Eggs, yolks and whites, beat them very well, the Eggs firſt, then all together, put in ſome Ginger, and Salt, and fine Flower, then let it ſtand an hour or two, then ſhred in the Apples; when you are ready to fry them, your ſuet muſt be all Beef-ſuet, or half Beef, and half Hogs-ſuet dried out of the leaf.

To make Loaves of Cheeſe-Curds.

TAke a Porringer full of Curds, and four Eggs, whites and yolks, and ſo much flower as will make it ſtiff, then take a little Ginger, Nutmeg and ſome Salt, make them into loaves, and ſet them into an Oven with

a quick heat; when they begin to change colour take them out, and put melted butter to them, and ſome Sack, and good ſtore of Sugar, and ſo ſerve it.

To make fine Pyes after the French Faſhion.

TAke a pound and a half of Veal, two pound of ſuet, two pound of great Raiſins ſtoned, half a pound of Prunes, as much of Currans, ſix Dates, two Nutmegs, a ſpoonful of Pepper, an ounce of Sugar, an ounce of Carawayes, a Sawcer of Verjuyce, and as much Roſe-water, this will make three fair Pyes, with two quarts of flower, three yolks of Eggs, and half a pound of Butter.

A ſingular Receipt for making a Cake.

TAke half a peck of flower, two pound of Butter, mingle it with the flower, three Nutmegs and a little Mace, Cinnamon, Ginger, half a pound of Sugar, leave ſome out to ſtrew on the top, mingle theſe well with the flower and Butter, five pound of Currans well waſhed, and pickt, and dryed

in a warm cloth, a wine-pint of Ale-yeaſt ſix eggs, leave out the whites, a quart o Cream boyled and almoſt cold again: worl it well together, and let it be very lith, la it in a warm cloth, and let it lye half an hou againſt the fire. Then make it up with th white of an Egg, a little Butter, Roſewate and Sugar; Ice it over and put it into an O ven, and let it ſtand one whole hour an half.

To make a great Curd Loaf.

TAke the Curds of three quarts of ne milk clean wheyed, and rub into ther a little of the fineſt flower you can get, the take half a race of Ginger, and ſlice it ver thin, and put it into your Curds with a litt Salt, then take half a pint of good Ale-yea and put to it, then take ten Eggs, but thre of the whites, let there be ſo much flower will make it into a reaſonable ſtiff paſte, the put it into an indifferent hot cloth, and la it before the fire to riſe while your Oven heating, then make it up into a Loaf, an when it is baked, cut up the top of the Loa and put in a pound and half of melted Bu ter, and a good deal of Sugar in it.

To make buttered loaves of Cheeſe-Curds.

TAke three quarts of new Milk, and put in as much Rennet as will turn, take your whey clean away, then break your curds very ſmall with your hands, and put in ſix yolks of Eggs, but one white; an handful of grated bread, an handful of flower, a little Salt mingled all together; work it with your hand, rowl it into little loaves, then ſet them in a pan buttered, then beat the yolk of an egg with a little beer, and wipe them over with a feather, then ſet them in an Oven as for Manchet, and ſtop that cloſe three quarters of an hour, then take half a pound of Butter, three ſpoonfuls of water, a Nutmeg ſliced thin, a little Sugar, ſet it on the fire, ſtir it till it be thick; when your loaves are baked, cut off the tops and butter them with this Butter, ſome under, ſome over, and ſtrew ſome Sugar on them.

To make Cheeſe Loaves.

GRate a wheat Loaf, and take as much curd as bread, to that put eight yolks of Eggs, and four whites, and beat them very well, then take a little Cream, but let

it be very thick, put all together, and make them up with two handfuls of flower, the Curds muſt be made of new milk and wheyed very dry, you muſt make them like little loaves, and bake them in an Oven; and being baked cut them up, and have in readineſs ſome ſweet Butter, Sugar, Nutmeg ſliced and mingled together, put it into the loaves, and with it ſtir the Cream well together then cover them again with the tops, & ſerve them with a little ſugar ſcraped on.

To make Puff.

TAke four pints of new Milk, Rennet, take out the whey very clean, and wring it in a dry Cloth, then ſtrain it in a wooden diſh till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a ſpoonful of Cream to them, and if you pleaſe half a ſpoonful of Roſewater, and as much flower beat in it as will make it of an indifferent ſtiffneſs, juſt to roul on a Plate, then take off the Kidney of Mutton-ſuet and purifie it, and fry them in it, and ſerve them in with Butter, Roſewater and Sugar.

To

To make Elder Vinegar.

GAther the flowers of Elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of Vinegar a good handful of flowers, and let it ſtand to Sun a fortnight, then ſtrain the Vinegar from the flowers, and put it into the barrel again, and when you draw a quart of Vinegar, draw a quart of water, and put it into the Barrel luke-warm.

To make good Vinegar.

TAke one ſtrike of Malt, and one of Rye ground, and maſh them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the beſt of that Malt and Rye, then lay the Hogs-heads where the Sun may have power over them, and when it is ready to tun, fill your Hogs-heads where they lye: then let them purge clear, and cover them with two ſlate ſtones, and within a week after when you bake, take two wheat loves hot out of the, and put into each Hogs-head a loaf, you muſt uſe this four times, you muſt brew this in April, and let it ſtand

till *June*, then draw them clearer, then wash the Hogsheads clean, and put the Beer in again, if you will have it Rose-vinegar, you must put in a strike and a half of Roses, if Elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till Michaelmass; if you will have it coloured red, take four gallons of strong Ale as you can get, and Elder-berries picked a few full clear, and put them in your pan with the Ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, and let it stand till it be stone cold, and the next day strain it into the Hogshead, then lay them in a Cellar or Buttery, which you please.

To make a Coller of Beef.

TAke the thinnest end of a Coast of Beef, boyl it and lay in Pump-water, and a little salt three dayes, shifting it once every day, and the last day put a pint of Claret Wine to it, and when you take it out of the water, let it lie two or three hours a draining then cut it almost to the end in three slices, then bruise a little Cocheneel, & a very little Allom and mingle it with the Claret Wine, and colour the meat all over with it, then take

take a dozen of Anchovies, waſh them and bone them, and lay them into the Beef, and ſeaſon it with Cloves, Mace and Pepper, and two handfuls of Salt, and a little ſweet-Marjoram, and Thyme, and when you make it up, roul the innermoſt ſlice firſt, and the other two upon it, being very well ſeaſoned every where, and bind it hard with Tape, then put it into a ſtone pot ſomething bigger than the Coller, and pour upon it a pint of Claret-Wine, and half a pint of Wine-Vinegar, a ſprig of Roſe-mary, and a few Bay leaves, and bake it very well; before it be quite cold, take it out of the pot, and you may keep it dry as long as you pleaſe.

To make an Almond Pudding.

TAke two or three French Rolls, or white Penny-bread, cut them in ſlices, and put to the Bread as much Cream as will cover it, put it on the fire till your Cream and Bread be very warm, then take a ladle or ſpoon, and beat it very well together, put to this twelve eggs, but not above four whites, put in Beef-ſuet, or Marrow, according to your diſcretion, put a pretty quantity of Currans, and Raiſins, ſeaſon the Pudding with Nutmeg, Mace, Salt, and

Sugar, but very little flower, for it will make it ſad and heavy; make a piece of Puff paſte as much as will cover your diſh, ſo cut it very handſomely what faſhion you pleaſe; butter the bottom of your diſh, put the pudding into the diſh, ſet it in a quick Oven, not too hot as to burn it, let it bake till you think it be enough, ſcrape on Sugar, and ſerve it up.

To boyl Cream with French Barley.

TAke the third part of a pound of French Barley, waſh it well with fair water, and let it lie all night in fair water, in the morning ſet two skillets on the fire with fair water, and in one of them put your Barley, and let it boyl till the water look red, then put the water from it, and put the Barley into the other warm water, thus boyl it and change it with freſh warm water till it boyl white, then ſtrain the water clean from it, then take a quart of Cream, put into it a Nutmeg or two quartered, a little large Mace and ſome Sugar, and let it boyl together a quarter of an hour, and when it hath thus boyled, put into it the yolk of three or four Eggs well beaten with a little Roſe-water, then diſh it forth, and eat it cold.

To

To make Cheeſe-Cakes.

TAke three Eggs and beat them very well and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them all together; then take one quart of Cream, and put into it a quarter of a pound of ſweet Butter, and ſet them over the fire, and when it begins to boyl put to it your Eggs and Flower, ſtir it very well, and let it boyl till it be thick, then ſeaſon it with Salt, Cinnamon, Sugar and Currans, and bake it.

To make a Quaking Pudding.

TAke a pint and ſomewhat more of thick Cream, ten Egs, put the whites of three, beat them very well with two ſpoonfuls of Roſe-water, : mingle with your Cream three ſpoonfuls of fine flower : mingle it ſo well that there be no lumps in it, put it altogether and ſeaſon it according to your taſte : butter a Cloth very well, and let it be thick that it may not run out, and let it boyl for half an hour as faſt as you can, then take it up and

make

make Sauce with Butter, Roſewater and Sugar, and ſerve it up.

You may ſtick ſome blanched Almonds upon it if you pleaſe.

To pickle Cucumbers.

PUT them in an Earthen Veſſel, lay firſt a lay of Salt and Dill, then a lay of Cucumbers, and ſo till they be all layed, put in ſome Mace and whole Pepper; and ſome Fennil-ſeed, according to direction, then fill it up with Beer-Vinegar, and a clean board and a ſtone upon it to keep them within the Pickle, and ſo keep them cloſe covered, and if the Vinegar is black, change them into freſh.

To pickle Broombuds.

TAke your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you muſt do only by ſhaking it together till the Salt be melted, then put in your Buds, and keep ſtirred once in a day till they be ſunk within the Vinegar, be ſure to keep them cloſe covered.

To

To keep Quinces raw all the year.

TAke ſome of the worſt Quinces and cut them into ſmall pieces, and coars and parings, boyl them in water, and put to a gallon of water, ſome three ſpoonfuls of Salt, as much Honey; boyl theſe together till they are very ſtrong, and when it is cold, put it into half a pint of Vinegar in a wooden Veſſel or earthen pot; and take then as many of your beſt Quinces as will go into your Liquor, then ſtop them up very cloſe that no Air get into them, and they will keep all the year.

To make a Goos-berry Fool.

TAke your Goosberries, and put them in a Silver or Earthen Pot, and ſet it in a skillet of boyling water, and when they are codled enough ſtrain them, then make them hot again, when they are ſcalding hot beat them very well with a good piece of freſh Butter, Roſe-water and Sugar, and put in the yolks of two or three Eggs; you may put Roſewater into them and ſo ſtir it altogether, and ſerve it to the Table when it is cold.

To

To make an Oatmeal Pudding.

TAke a Porringer full of Oatmeal beaten to flower, a pint of Cream one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beef-ſuet well minced, mingle all theſe together, and ſo bake it. An hour will bake it.

To make a green Pudding.

TAke a penny Loaf of ſtale bread, grate it, put to half a pound of Sugar grated, Nutmeg, as much Salt as will ſeaſon it, three quarters of a pound of Beef-ſuet ſhred very ſmall: then take ſweet herbs, the moſt of them Marigolds, eight Spinages: ſhred the Herbs very ſmall, mix all well together, then take two Eggs and work them up together with your hand, and make them into round Balls, and when the water boyls put them in, ſerve them with Roſewater, Sugar, and Butter, or Sauce.

To make good Sauſages.

TAke the lean of a Leg of Pork, and four pound of Beef-ſuet, or rather Butter, ſhred them together very ſmall, then ſeaſon it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handful of Sage when it is chopt ſmall, and as much Salt as you think will make them taſte well of it; mingle all theſe with the Meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hogs guts, which you muſt have ready for them, you muſt tye the ends of them like puddings, ann when you eat them you muſt boyl them on a ſoft fire; a hot will crack the skins, and the goodneſs boyl out of them.

To make Toaſts.

CUT two penny loaves in round ſlices, and dip them in half a pint of Cream or cold water, then lay them abroad in a diſh, and beat three Eggs and grated Nutmeg, and Sugar, beat them with the

the Cream, then take your frying-pan and melt ſome Butter in it, and wet one ſide of your Toaſts and lay them in on the wet ſide, then pour in the reſt upon them, and ſo fry them; ſend them in with Roſewater, Butter and Sugar.

Spanniſh Cream.

PUT hot water in a Bucket, and go with it to the Milking, then pour out the water and inſtantly milk into it, and preſently ſtrain it into Milk-pans of an ordinary fulneſs, but not after an ordinary way; for you muſt ſet your pan on the ground and ſtand on a ſtool, and pour it forth that it may riſe in bubbles with the fall; this on the Morrow will be a very tough Cream, which you muſt take off with your skimmer, and lay it in the diſh, laying upon laying; and if you pleaſe ſtrew ſome Sugar between them.

To make Clouted Cream.

TAke four quarts of Milk, one of Cream, ſix ſpoonfuls of Roſewater, put

put theſe together in a great earthen Milk-pan, ſet it upon a fire of Charcoal well kindled, you muſt be ſure the fire be not too hot; then let it ſtand a day and night; and when you go to take it off, looſe the the edge of your Cream round about with a Knife, then take your Board, and lay the edges that is left beſide the bord cut into many pieces, and them into the diſh firſt, and ſcrape ſome fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your Diſh, and if your diſh be little, there will be ſome left, the which you may put into what faſhion you pleaſe, and ſcrape good ſtore of Sugar upon it.

A good Cream.

WHen you Churn Butter, take out ſix ſpoonfuls of Cream, juſt as it is to turn to Butter, that is, when it is a little frothy; then boyl good Cream as much as will make a Diſh, and ſeaſon it with Sugar, and a little Roſewater; when it is quite cold enough, mingle it very well with that you take out of the Churn, and ſo diſh it.

To

To make Pyramidis Cream.

TAke a quart of water, and ſix ounces of Harts-horn, and put it into a Bottle with Gum-Dragon, and Gum-Arabick, of each as much as a ſmall Nut, put all this into the Bottle, which muſt be ſo big as will hold a pint more; for if it be full it will break: ſtop it very well with a Cork, and tye a cloth about it, put the bottle into a pot of beef when it is boyling, and let it boyl three hours, then take as much Cream as there is gelly, and half a pound of Almonds well beaten with Roſe-water, ſo that you cannot diſcern what they be, mingle the Cream and the Almonds together, then ſtrain it, and do ſo two or three times to get all you can out of the Almonds, then put jelly when it is cold into a ſilver Baſon, and the Cream to it; ſweeten it as you like, put in two or three grains of Musk and Amber-greece, ſet it over the fire, ſtirring it continually and skimming it, till it be ſeething hot, but let it not boyl, then put it into an old faſhioned drinking-Glaſs, and let it ſtand till it is cold, and when you will uſe it, hold your Glaſs in a warm hand, and looſen it with

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a Knife, and whelm it into a dish, and have in readiness Pine-Apple blown, and stick it all over, and serve it in with Cream or without as you please.

To make a Sack Cream.

SET a quart of Cream on the fire, when it is boyled, drop in a spoonful of Sack and stir it well the while, that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg, and strong water.

To boyl Pidgeons.

STuff the Pidgeons with Parsley and Butter, and put them into an Earthen Pot, and put some sweet Butter to them, and let them boyl; take Parsley, Thyme, and Rosemary, chop them and put them to them; take some sweet Butter, and put in withall some Spinage, take a little gross Pepper and Salt, and season it withall, then take the yolk of an Egg and strain it with Verjuice, and put to them, lay sippits in the dish and serve it.

To make an Apple Tanſey.

PAre your Apples and cut them in thin round ſlices, then fry them in good ſweet Butter, then take ten Eggs, ſweet Cream, Nutmeg, Cinnamon, Ginger, Sugar, with a little Roſe-water, beat all theſe together, and pour it upon your Apples and fry it.

The French Barley Cream.

TAke a quart of Cream, and boyl in a Porringer of French Barley, that hath been boyled in nine waters, put in ſome large Mace and a little Cinnamon, boyling it a quarter of an hour; then take two quarts of Almonds blanched, and beat it very ſmall with Roſe-water, or Orange water and ſome Sugar; and the Almonds being ſtrained into the Liquor, put it over the fire, ſtirring it till it be ready to boyl; then take it off the fire, ſtirring it till it be half cold; then put to it two ſpoonfuls of Sack or white-Wine, and when it is cold, ſerve it in, remembring to put in ſome ſalt.

To

To make a Chicken, or Pygeon Pye.

TAke your Pygeons (if they be not very young) cut them into four quarters, one ſweet-bread ſliced the long way, that it may be thin, and the pieces not two big, one ſheeps-tongue, little more than parboyled, and the skin pulled off, and the tongue cut in ſlices, two or three ſlices of Veal, as much of Mutton, young Chickens (if not little) quarter them, Chick-heads, Lark, or any ſuch like, Pullets, Cocks combs, Oyſters, Calves Udder cut in pieces, good ſtore of Marrow; for ſeaſoning, take as much Pepper and Salt as you think fit to ſeaſon it ſlightly; good ſtore of ſweet Marjoram, a little Thyme, and Lemon-pill fine ſliced; ſeaſon it well with theſe Spices as the time of the year will afford; put in either of Cheſnuts (if you put in Cheſnuts they muſt firſt be either boyled or roaſted) Gooſeberries or Guage, large Mace will do well in this Pye, then take a little piece of Veal parboyled and ſlice it very fine, as much Marrow as meet ſtirred amongſt it, then take grated Bread; as much as a quarter of the meat, four yolks of Eggs,

or more according to the ſtuff you make, ſhred Dates as ſmall as may be, ſeaſon it with Salt, but not too Salt, Nutmeg as much as will ſeaſon it, ſweet Marjoram pretty ſtore very ſmall ſhred, work it up with as much ſweet Cream as will make it up in little Puddings, ſome long ſome round, ſo put as many of them in the Pye as you pleaſe; put therein two or three ſpoonfuls of Gravy of Mutton, or ſo much ſtrong Mutton broth before you put it in the Oven, the bottom of boyled Artichoaks, minced Marrow, over and in the bottom of the Pye after your Pye is baked; when you put it up, have ſome five yolks of Eggs minced, and the juyce of two or three Oranges, the meat of one Lemon cut in pieces, a little white and Claret Wine; put this in your Pye being well mingled, and ſhake it very well together.

To boyl a Capon or Hen.

TAke a young Capon or Hen, when you draw them, take out the fall of the leaf clean away, and being well waſhed, fill the belly with Oyſters; prepare ſome Mutton, the Neck, but boyl it in ſmall pieces and skim it well, then put your Capon into the Pipkin, and when it is boyled skim it again; be ſure you have no more water than will cover your meat, then put it into a pint of white-Wine, ſome Mace, two or three Cloves, and whole Pepper; a quarter of an hour, before your meat be boyled enough put into the Pipkins three Anchoves ſtript from the bones and waſhed, and be ſure you put Salt at the firſt to your Meat; a little Parſley, Spinage, Endive, Sorrel, Roſemary, or ſuch kind of Hearbs will do well to boyl with the broth, and being ready to diſh it, having ſippets cut, then take the Oyſters out of the Capon, and lay them in the Diſh with the broth, and put ſome juyce of Lemons and Oranges into it according to your taſte.

To make Balls of Veal.

TAke the lean of a Leg of Veal, and cut out the Sinews, mince it very ſmall, and with it ſome fat of Beef-ſuet; if the Leg of Veal be of a Cow-Calf, the Udder will be good inſtead of Beef-ſuet; when it is very well beaten together with the mincing Knife, have ſome Cloves, Mace, and Pepper beaten, and with Salt ſeaſon your Meat, putting in ſome Vinegar, then make up your Meat into little Balls, and having very good ſtrong broth made of Mutton, ſet your Balls to boyl in it; when they are boyled enough, take the yolks of five or ſix Eggs well beaten with as much Vinegar as you pleaſe to like, and ſome of the broth mingled together, ſtir it into all your Balls and broth, give it a warm on the fire, then diſh up the Balls upon Sippits, and pour the Sauce on it.

To make Mrs. Shellyes *Cake.*

TAke a peck of fine flower, and three pound of the Beſt Butter, work your flower and Butter very well together, then take

take ten Eggs, leave out ſix whites, a pint and a half of Ale-yeaſt; beat the Eggs and yeaſt together, and put them to the flower; take ſix pound of blanched Almonds, beat them very well, putting in ſometime Roſe-water to keep them from Oyling, add what Spice you pleaſe; let this be put to the reſt, with a quarter of a pint of Sack and a little Saffron; and when you have made all this into paſte, cover it warm before the fire, and let it riſe for half an hour, then put in twelve pound of Currans well waſhed and dryed, two pound of Raiſins of the Sun ſtoned and cut ſmall, one pound of Sugar; the ſooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumbals.

TAke a pound of Almonds to half a pound of double refined Sugar beaten and ſearſed, lay your Almonds in water a day before you blanch them, and beat them ſmall with your Sugar; and when it is beat very ſmall, put in a handful of Gum-Dragon, it being before over-night ſteeped in Roſe-water, and half a white of an Egg beaten to froth, and half a ſpoonful of Coriander-ſeed

as many Fennil and Anniſeeds, mingle theſe together very well, ſet them upon a ſoft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a rowling-pin till it work like a ſoft paſte, and ſo make them up, and lay them upon Papers oyled with Oyl of Almonds, then put them in your Oven, and ſo ſoon as they be throughly riſen, take them out before they grow hard.

To make Cracknels.

TAke half a pound of fine flower, dryed and ſearſed, as much fine Sugar ſearſed, mingled with a ſpoonful of Coriander ſeed bruiſed, half a quarter of a pound of Butter rubbed in the Flower and Sugar, then wet it with the yolks of two Eggs, and half a ſpoonful of white Roſe-water, a ſpoonful or little more of Cream as will wet it; knead the paſte till it be ſoft and limber to rowl well, then rowl it extream thin, and cut them round by little plates, lay them upon buttered Papers, and when they go into the Oven, prick them, and waſh the top with the yolk of an Egg beaten, and made thin with Roſe-water or fair water; they

they will give with keeping, therefore before they are eaten, they muſt be dryed in a warm Oven, to make them criſp.

To Pickle Oyſters.

TAke Oyſters and waſh them clean in their own Liquor, then let them ſettle, then ſtrain it, and put your Oyſters to it with a little Mace and whole Pepper, as much Salt as you pleaſe, and a little Wine-Vinegar, then ſet them over the fire, and let them boyl leiſurely till they are pretty tender; be ſure to skim them ſtill as the skin riſeth; when they are enough, take them out till the pickle be cold, then put them into any pot that will lye cloſe, they will keep beſt in Caper-barrels, they will keep very well ſix weeks.

To boyl Cream with Codlings.

TAke a quart of Cream and boyl it with ſome Mace and Sugar, and take two yolks of Eggs, and beat them well with a ſpoonful of Roſe water and a grain of Ambergreece, then put it into the Cream with

a piece of ſweet Butter as big as a Walnut, and ſtir it together over the fire untill it be ready to boyl, then ſet it ſome time to cool, ſtirring it continually till it is cold; then take a quarter of a pound of Codlings ſtrained, and put them into a ſilver diſh over a few coals till they be almoſt dry, and being cold, and the Cream alſo, pour the Cream upon them, and let them ſtand on a ſoft fire covered an hour, then ſerve them in.

To make the Lady Albergravers *Cheeſe.*

TO one Cheeſe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a skillet of hot water, as much as will make it hotter than it comes from the Cow, then put in a ſpoonful of Rennet, and ſtir it well together and cover it, and when it is come, take a wet cloth and lay it on your Cheeſe-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheeſe in wet Cloaths wrung dry; and lay on a little more wet, at night take as much Salt as you can between your Finger and Thumb, and ſalt your Cheeſe

Cheeſe on both ſides; let them lye in Preſſes all night in a wet cloth; the next day lay them on the Table between a dry cloth, the next day lay them in Graſs, and every other day change your graſs, they will be ready to eat in nine dayes: if you will have them ready ſooner, cover them with a Blanket.

To dreſs Snails.

TAke your Snails, (they are no way ſo as in Pottage) and waſh them well in many waters, and when you have done, put them in a white earthen Pan, or a very wide diſh, and pot as much water to them as will cover them, and then ſet your diſh or pan on ſome coals, that it may heat by little and little, and then the Snails will come out of the ſhells, and ſo dye, and being dead, take them out, and waſh them very well in water and Salt twice or thrice over; then put them in a pipkin with water and Salt, and let them boyl a little while in that, ſo take away the rude ſlime they have, then take them out again and put them in a Cullender, then take excellent Sallad-Oyl, and beat it a great while upon the fire in a frying-pan, and when it boyls very faſt, ſlice two or

three Onions in it, and let them fry well, then put the Snails in the Oyl, and Onyons, and let them ſtew together a little, then put the Oyl, Onions, and Snails altogether in an earthen Pipkin of a fit ſize for your Snails, and put as much warm water to them as will ſerve to boyl them, and make the Potage and ſeaſon them with Salt, and ſo let them boyl three or four hours; then mingle Parſley, Penny-royal, Fennil, Thyme, and ſuch hearbs, and when they are minced put them in a Mortar, and and beat them as you do for Green-Sauce, put in ſome crumbs of Bread ſoaked in the Pottage of the Snails, and then diſſolve it all in the Mortar, with a little Saffron and Cloves well beaten, and put in as much Pottage into the Mortar as will make the Spice and Bread and Hearbs like thickning for a Pot, ſo put them all into the Snails, and let them ſtew in it, and when you ſerve them up, you may ſqueez into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Hearbs and beat it with them in the Mortar, it will not taſte the worſe; ſerve them up in a Diſh with Sippits of Bread in the bottom. The Pottage is very nouriſhing, and they uſe them that are apt to a Conſumption.

To boyl a Rump of Beef after the French Faſhion.

TAke a Rump of Beef, or the little end of the Brisket, and parboyl it half an hour, then take it up and put it in a deep diſh, then ſlaſh it in the ſide, that the gravie may come out, then throw a little Pepper and Salt between every cut, then fill up the diſh with the beſt Claret Wine, and put to it three or four pieces of large Mace, and ſet it on the Coals cloſe covered, and boyl it above an hour and a half, but turn it often in the mean time; then with a ſpoon take off the Fat and fill it with Claret Wine, and ſlice ſix Onions, and a handfull of Capers or Broom-buds, half a dozen of hard Lettice ſliced, three ſpoonfuls of Wine-Vinegar, and as much Verjuyce, and then ſet it a boyling with theſe things in it till it be tender, and ſerve it up with brown bread and Sippets fryed with Butter, but be ſure there be not too much Fat in it when you ſerve it.

An excellent way of dreſſing of Fiſh.

TAke a piece of freſh Salmon, and waſh it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a Cover, and put to it ſix ſpoonfuls of water, and four of Vinegar, as much of white-Wine, a good deal of Salt, a bundle of ſweet Hearbs, a little whole Spice, a few Cloves, a little ſtick of Cinnamon, a little Mace, take up all theſe in a Pipkin cloſe, and ſet in a Kettle of ſeething water, and there let it ſtew three hours. You may do Carps, Eels, Trouts, &c. this way, alter the taſte to your mind.

To make Fritters of Sheeps feet.

TAke your Sheeps-feet, ſlit them and ſet them a ſtewing in a ſilver diſh with a little ſtrong Broth and Salt, with a ſtick of Cinnamon, two or three Cloves and a piece of an Orange pill: when they are ſtewed, take them from the liquor and lay them upon a Pye-plate cooling: when they are cold, have ſome good Fritter-batter made with Sack, and dip them therein: then have ready

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to fry them, ſome excellent Clarified Butter very hot in the Pan, and fry them therein; when they are fryed, wring in the juyce of three or four Oranges, and toſs them once or twice in a diſh, and ſo ſerve them to the Table.

To make dry Salmond Calvert in the boyling.

TAke a gallon of water, put to it a quart of Wine or Vinegar, Verjuyce of ſour Beer, and a few ſweet Hearbs and Salt, and let your Liquor boyl extream faſt, and hold your Salmon by the Tail, and dip it in, and let it have a walm, and ſo dip it in and out a dozen times, and that will make your Salmon Calvert, and ſo boyl it till it be tender.

To make Biſket Bread.

TAke a pound of Sugar ſearſed very fine, and a pound of flower well dryed, and twelve Eggs, a handfull of Carraway-ſeed, ſix whites of Eggs, a very little Salt, heat all theſe together, and keep them with beating till you ſet them in the Oven, then put them into your Plates or Tin things, and take But-

ter, and put into a Cloth and rub your Plate; a ſpoonful into a Plate is enough, and ſo ſet them into the Oven, and let your Oven be no hotter than to bake ſmall Pyes; if your flower be not dryed in the Oven before, they will be heavy.

To make an Almond Pudding.

TAke your Almonds when they are blanched and beat as many as will ſerve for your diſh, then put to it four or five yolks of Eggs, Roſe-water, Nutmeg, Cloves and Mace, a little Sugar, and a little Salt and Marrow cut into it, and ſo ſet it into the Oven, but your Oven muſt not be hotter than for Biſket Bread: and when it is half baked, take the white of an Egg, Roſe-water and fine Sugar well beaten together and very thick, and do it over with a feather, and ſet it in again, then ſtick it over with Almonds, and ſo ſend it up.

This you may boyl in a bag if you pleaſe, and put in a few crumbs of Bread into it, and eat it with Butter and Sugar without Marrow.

To

To make an Almond Caudle.

TAke three pints of Ale, boyl it with Cloves and Mace, and ſliced Bread in it, then have ready beaten a pound of Almonds blanched, and ſtrain them out with a pint of white-Wine, and thicken the Ale with it, ſweeten it if you pleaſe, and be ſure you skim the Ale well when it boyleth.

To make Almond Bread.

TAke Almonds and lay them in water all night, then blanch them and ſlice them, to every pound of Almonds, a pound of fine Sugar finely beaten, ſo mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the Almonds and Sugar, then have ſome plates and ſtrew ſome flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, ſcrape a little Sugar on them, when they are ready to ſet in the Oven, which muſt not be ſo hot as to colour white Paper, and when they are a little baked, take them out, and them from

from the Plates, and ſet them in again, you muſt keep them in a Stove.

To make Almond Cakes.

TAke half a pound of Almonds blanched in cold water, beat them with ſome Roſe-water till they do not gliſter, then they will be beaten, if you think fit, lay ſeven or eight Muſque Comfits diſſolved in Roſe-water which muſt not be above ſix or ſeven ſpoonfuls for fear of ſpoyling the colour; when they be thus beaten, put in half a pound of Sugar finely ſifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two ſpoonfuls of fine flower that hath been dryed in an Oven; beat theſe well together and pour it to your Almonds, then butter your plates and duſt your Cakes with ſugar and flower, and when they are a little brown, draw them, and when the Oven is colder ſet them in again on brown Papers, and they will look whiter.

Maſter

Maſter Rudſtones *Poſſet.*

TAke a pint of Sack, a quarter of a pint of Ale, three quarters of a pound of ſugar, boyl all theſe well together, take two yolks of Eggs and ſixteen whites very wel beaten, put this to your boyling Sack and ſlice it very well together till it be thick on the coals; then take three pints of Milk, or Cream, being boyled to a quart, it muſt ſtand and cool till the Eggs thicken, put it to your Sack and Eggs, and ſtir them well together, then cover it with a plate and ſo ſerve it.

To boyl a Capon with Ranioles.

TAke a good young Capon, truſs it and draw it to boyl, and parboyl it a little, then let it ly in fair water being picked very clean and white, then boyl it in ſtrong broth while it be enough, but firſt prepare your Ranioles as followeth; Take a good quantity of Beet-leaves, and boyl them in water very tender, then take them out, and get all the water very clean out of them, then take ſix ſweet-breads of Veal, and boyl and mince them white, mince them ſmal, and then boyl herbs alſo, and four or

or five Marrow-bones, break them and get all the Marrow out of them, and boyl the bigger piece of them in water by it ſelf, and put the other into the minced Hearbs, then take half a pound of Raiſons of the Sun ſtoned and mince them ſmall, and half a pound of Dates, the skin off, and mince them alſo, and a quarter of a pound of Pomecitron minced ſmall, then take of Naples-Bisket a good quantity, and put all theſe together on a Charger or a great diſh with half a pound of ſweet Butter, and work it together with your hands as you do a piece of Paſt, and ſeaſon it with a little Nutmeg, Ginger, Cinnamon, and Salt, and Permaſant Cheeſe grated, with hard Sugar grated alſo, then mingle all together well, and make a Paſte with the fineſt flower, ſix yolks of Eggs, a little Saffron beaten ſmall, half a pound of ſweet Butter, a little Salt, with ſome fair water hot (not boyling) and make up your Paſte, then drive out a long ſheet of Paſte with an even rowling-pin as thin as poſſibly you can, and lay your ingredients in ſmall heaps, round or long which you pleaſe in the Paſt, then cover them with the Paſte and cut them with a jag aſunder, and ſo make more and more till you have made two hundred or more, then have

a good broad Pan or Kettle half full of ſtrong Broth, boyling leiſurely, and put in your Ranſoles, one by one, and let them boyl a quarter of an hour, then take up your Capon, lay it in a great diſh, and put on the Ranſoles, and ſtrew on them grated Cheeſe, Naples-Bisket grated, Cinnamon and Sugar, then more and more Cinnamon and Cheeſe while you have filled your Diſh; then put ſoftly on melted Butter with a little ſtrong Broth, your Marrow, Pomecitron, Lemons ſliced, and ſerve it up, and put it into the diſh, ſo Ranſoles may be part fryed with ſweet but Clarified Butter, either a quarter of them, or half, as you pleaſe; if the Butter be not Clarified, it will ſpoyl your Ranſoles.

To make a Biſque of Carps.

TAke twelve ſmall Carps and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve ſmall Carps, cut off their heads and take out their Tongues and take the fiſh from the bones of the flead Carps, and twelve Oyſters, two or three yolks of hard Eggs, maſh all together, ſeaſon it with Cloves, Mace and Salt, and make thereof a ſtiff ſearſe: add

add thereto the yolks of four or five eggs to bind it, faſhion that firſt into balls or lopings as you pleaſe, lay them into a deep diſh or earthen pan, and put thereto twenty or thirty great Oyſters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of freſh Butter, the Liquor of your Oyſters, the juyce of a Lemon or two; a little white-Wine, ſome of Corbillion wherein your great Carp is boyled, and a whole Onion, ſo ſet them a ſtewing on a ſoft fire, and make a hoop therewith; for the great Carp you muſt ſcald him and draw him, lay him for half an hour, with the other Carps heads in a deep pan with ſo much white-Wine-Vinegar as will cover and ſerve to boyl him and the other heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, ſweet Hearbs, an Onion or two ſliced, a Lemon; when you boyl your Carps, pour your Liquor with the Spice into the Kettle wherein you will boyl him; when it is boyled put in your Carp, let it not boyl two faſt for breaking; after the Carp hath boyled a while, put in the Head, when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you

go to dish them. When you dress your Bisque, take a large silver dish, set it on the fire, lay therein Sippets of Bread, then put in a Ladle full of your Corbilion, then take up your great Carp and lay him in the midst of the Dish, then range the twelve Heads about the Carp, then lay the searse of the Carp, lay that in, then your Oysters, Milts and Tongues, then pour on the Liquor wherein the searse was boyled, wring in the juyce of a Lemon, and two Oranges; Garnish your dish with pickled Barberries, Lemons and Oranges, and serve it very hot to the Table.

To boyl a Pike and Eel together.

TAke a quart of white-Wine, and a pint and a half of white-Wine-Vinegar, two quarts of Water, and almost a pint of Salt, a handful of Rosemary and Thyme; the liquor must boyl before you put in your Fish and Hearbs; the Eele with the skin must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corns of Pepper.

To

To make an out-landiſh Diſh.

TAke the Liver of an Hogg, and cut it in ſmall pieces about the bigneſs of a Span, then take Anniſeed, or French ſeed, Pepper and Salt, and ſeaſon them therewithall, and lay every piece ſeverally round in the Caul of the Hogg, and ſo roaſt them on a Bird-ſpit.

To make a Portugal Diſh.

TAke the Guts, Gizards and Liver of two fat Capons, cut away the Galls from the Liver, and make clean the Gizards and put them into a diſh of clean water, ſlit the Guts as you do a Calves Chauldron, but take off none of the fat, then lay the guts about an hour in white-Wine, as the Guts ſoak, half boyl Gizards and Livers, then take a long wooden broach, and ſpit your Gizards and Livers thereon, but not cloſe one to another, then take and wipe the guts ſomewhat dry in a Cloth, and ſeaſon them with Salt and beaten Pepper, Cloves and Mace, then wind the Guts upon the wooden Broach about the Liver, and Gizards, then

then tye the wooden Broach to ſpin, and lay them to the fire to roaſt, and roaſt them very brown, and baſte them not at all till they be enough, then take the Gravy of Mutton, the juyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a ſpoon baſt your roaſt, let it drop into the ſame diſh. Then draw it, and ſerve it to the Table with the ſame Sauce.

To dreſs a diſh of Artichoaks.

TAke and boyl them in a Beef-Pot, when they are tender ſodden, take off the tops, leaving the bottoms with ſome round about them, then put them into a diſh, put ſome fair water to them, two or three ſpoonfuls of Sack, a ſpoonful of Sugar, and ſo let them boyl upon the Coals, ſtill pouring on the Liquor to give it a good taſte, when they have boyled half an hour take the Liquor from them, and make ready ſome Cream boyled and thickned with the yolk of an Egg or two, whole Mace, Salt and Sugar with ſome lumps of Marrow, boyl it in the Cream, when it is boyled put a good piece of ſweet Butter into it, and toaſt ſome Toaſts, & laye them under your Artichoaks, and pour your Cream, and Butter on them, Garniſh it, &c.

To

To dreſs a Fillet of Veal the Italian way.

TAke a young tender Fillet of Veal, pick away all the skins in the fold of the fleſh, after you have picked it out clean ſo that no skins are left, nor any hard thing; put to it ſome good white-Wine (that is not two ſweet) in a bowl and waſh it, and cruſh it well in the Wine, do ſo twice, then ſtrew upon it a powder that is called *Tamara* in *Italy*, and ſo much Salt as will ſeaſon it well, mingle the Powder well upon the Paſts of your meat, then pour to it ſo much white-Wine as will cover it when it is thruſt down into a narrow pan; lay a Trencher on it and a weight to keep it down; let it lie two nights and one day, put a little Pepper to it when you lay it in the Souce, and after it is ſouced ſo long, take it out and put it into a Pipkin with ſome good Beef-broth, but you muſt not take any of the Pickle to it, but only Beef-broth that is ſweet and not Salt; cover it cloſe and ſet it on the Embers, only put into it with the broth a few whole Cloves and Mace, and let it ſtew till it be enough. It will be very tender and of an excellent taſt; it muſt be ſerved with the ſame broth as much as will cover it.

To

To make the *Italian*, take Coriander-ſeed two Ounces, Anniſeed one ounce, Fennel-ſeed one ounee, Cloves two ounces, Cinnamon one ounce; theſe muſt be beaten into a groſs powder, putting into it a little powder of Winter-Savoury; if you like it, keep this in in a Vial-glaſs ſtopt for your uſe.

To dreſs Soals.

TAke a pair of Soals, lard them enough with watred freſh Salmon, then lay your Soals on a Table, or Pye-plate, cut your Salmon, lard all of an equal length on each ſide, and leave the Lard but ſhort, then flower the Soals, and fry them in the beſt Ale you can get, when they are fryed lay them on a warm Pye-plate, and ſo ſerve them to the Table with a Sallet-diſh full of Anchovy-ſauce, and three or four Oranges.

To make Furmity.

TAke a quart of Cream, a quarter of a pound of French Barley the whiteſt you can get, and boyl it very tender in three or four ſeveral waters, and let it be cold, then

then put both together, put into it a blade of Mace, a Nutmeg cut in quarters, a Race of Ginger cut in four or five pieces, and ſo let it boyl a good while, ſtill ſtirring and ſeaſon it with Sugar to your taſte, then take the yolks of four Eggs and beat them with a little Cream, and ſtir them into it, and ſo let it boyl a little after the Eggs are in, then have ready blanched and beaten twenty Almonds kept from oyling, with a little Roſewater, then take a boulter ſtrainer, and rub your Almonds with a little of your Furmity through the ſtrainer, but ſet on the fire no more, and ſtir in a little Salt and a little ſliced Nutmeg, pickt out of the great pieces of it, and put it in a diſh and ſerve it.

To make Patis, or Cabbage Cream.

TAke thirty Ale-pints of new Milk, and ſet it on the fire in a Kettle till it be ſcalding hot, ſtirring it oft to keep it from creaming, then put it forth into thirty Pans of Earth, as you put it forth, take off the bubbles with a ſpoon, let it ſtand till it be cold, then take off the Cream with two ſuch ſlices as you beat Bisket Bread with, but they muſt be very thin and not too broad

broad, then when the Milk is dropped off the Cream, you muſt lay it upon a Pye-plate, you muſt ſcour the Kettle very clean and heat the Milk again and ſo four or five times. In the Lay of it, firſt lay a ſtalk in the midſt of the Plate let the reſt of the Cream be laid upon that ſloping, between every laying you muſt ſcrape Sugar and ſprinkle Roſe-water, and if you will, the powder of Musk, and Ambergreece, in the heating of the Milk, be careful of ſmoak.

To make Pap.

TAke three quarts of new Milk, ſet it on the fire in a dry ſilver diſh, or baſon; when it begins to boyl skim it, then put thereto a handful of flower, the yolks of three Eggs, which you muſt have well mingled together with a Ladle full of cold Milk before you put to it the Milk that boyls, and as it boyls, ſtir it all the while till it be enough, and in the boyling ſeaſon it with a little Salt, and a little fine beaten Sugar, and ſo keeping it ſtirred till it be boyled as thick as you deſire, then put it forth into another diſh and ſerve it up.

To make Spaniſh Pap.

TAke three ſpoonfuls of Rice-flower finely beaten and ſearſed, two yolks of Eggs, three ſpoonfuls of Sugar three or four ſpoonfuls of Roſe-water. Temper theſe four together, then put them to a pint of Cream, then ſet it on the fire and keep it ſtirred till it come to a reaſonable thickneſs, then diſh it and ſerve it up.

To Poach Eggs.

TAke a dozen of new laid Eggs, and fleſh of four or five Partridges, or other; mince it ſo ſmall as you can ſeaſon it with a few beaten Cloves, Mace and Nutmeg, into a ſilver diſh, with a Ladleful or two of the Gravy of Mutton, wherein two or three Anchoves are diſſolved; then ſet it a ſtewing on a fire of Charcoals, and after it is half ſtewed, as it boyls, break in your Eggs one by one, and as you break them, pour away moſt part of the whites, and with one end of your Egg-ſhell, make a place in your diſh of meat, and therein put the yolks of your Eggs, round in order amongſt your meat,

meat, and ſo let them ſtew till your Eggs be enough, then grate in a little Nutmeg and the juyce of a couple of Oranges; have a care none of the ſeeds go in, wipe your Diſh and garniſh your Diſh with four or five whole Onions, *&c.*

A Pottage of Beef-Pallats.

TAke Beef Pallates after they be boyled tender in the Beef Kettle or Pot among ſome other meat, blanch and ſerve them clean, then cut each Pallat in two, and ſet them a ſtewing between two diſhes with a piece of leer Bacon, an handful of Champignions, five or ſix ſweet-breads of Veal, a Ladle full or two of ſtrong broth, and as much Gravy of Mutton, an Onion or two, five or ſix Cloves, and a blade or two of Mace, and a piece of Orange Pill; as your Pallates ſtew make ready your Diſh with the bottoms and tops of two or three Cheat Loves dried and moiſtned with ſome Gravy of Mutton, and the broth your Pallats ſtew in, you muſt have the Marrow of two or three Beef-bones ſtewed in a little broth between two diſhes, in great pieces; when your Pallates and Marrow is ſtewed, and you ready

to Diſh it, take out all the Spices, Onion and Bacon, and lay it in your Plates, ſweet-bread, and Champigneons, pour in the Broath they were ſtewed in and lay on your pieces of Marrow, wring the juyce of two or three Oranges; and ſo ſerve it to the Table very hot.

The Jacobins Pottage.

TAke the fleſh of a waſhed Capon or Turkey cold, mince it as ſmall as you can, then grate or ſcrape among the fleſh two or three ounces of Parmaſant, or old Holland Cheeſe; ſeaſon it with beaten Cloves, Nutmeg, Mace and Salt; then take the bottoms and tops of four or five new Rowls, dry them before the fire, or in an Oven, then put them into a fair ſilver Diſh, ſet it upon the fire, wet your bread in a Ladleful of ſtrong Broth, and a Ladleful of Gravy of Mutton, then ſtrew in your minced meat all of an equal thickneſs in each place, then ſtick twelve or eighteen pieces of Marrow as big as Walnuts, and pour on an handful of pure Gravy of Mutton, then cover your Diſh cloſe, and as it ſtews add now and then ſome Gravy of Mutton thereto

to, thruſt your Knife ſometimes to the bottom, to keep the bread from ſticking to the diſh, let it ſo ſtew ſtill, till you are ready to diſh it away, and when you ſerve it, if need require, and more gravy of Mutton, wring the juyce of two or three Oranges, wipe your diſhes brims, and ſerve it to the Table in the ſame diſh.

To Salt a Gooſe.

TAke a fat Gooſe and bone him, but leave the breaſt bone, wipe him with a clean cloth, then ſalt him one fortnight, then hang him up for one fornight or three weeks, then boyl him in running water very tender, and ſerve him with Bay-leaves.

A way of ſtewing Chickens or Rabbets.

TAke two, three, or four Chickens, and let them be about the bigneſs of a Partridge, boyl them till they be half boyled enough, then take them off and cut them into little pieces, putting the joynt bones one from another, and let not the meat be minced, but cut into great bits, not ſo exactly

but more or leſs, the breaſt bones are not ſo proper to be put in, but put the meat together with the other bones (upon which there muſt alſo be ſome meat remaining) into a good quantity of that water or broth wherein the Chickens were boyled, and ſet it then over a Chafin-diſh of Coals between two diſhes, that ſo it may ſtew on till it be fully enough; but firſt ſeaſon it with Salt and groſs Pepper, and afterwards add Oyl to it, more or leſs according to the goodneſs there of: and a little before you take it from the fire, you muſt add ſuch a quantity of juyce of Lemons as may beſt agree with your taſte. This makes an excellent diſh of meat which muſt be ſerved up in the Liquor; and though for a need it may be made with Butter inſtead of Oyl, and with Vinegar inſtead of Juyce of Lemons, yet is the other incomparably better for ſuch as are not enemies to Oyl. The ſame diſh may be made alſo of Veal, or Partridge, or Rabbets, and indeed the beſt of them all is Rabbets, if they be uſed ſo before *Michaelmas*, for afterwards methinks they grow rank; for though they be fatter, yet the fleſh is more hard and dry.

A Pottage of Capons.

TAke a couple of young Capons, truſs, and ſet them and fill their bellies with Marrow, put them into a Pipkin with a Knuckle of Veal, a Neck of Mutton, and a Marrow-bone, and ſome ſweet-bread of Veal; ſeaſon your broth with Cloves, Mace, and a little Salt, ſet it to the fire, and let it boyl gently till your Capons be enough, but boyl them not too much; as your Capons boyl; make ready the bottoms and tops of eight or ten new Rowls, and put them dryed into a fair ſilver diſh wherein you ſerve the Capons; ſet it on the fire, and put to your bread, two Ladleſuls of Broth wherein your Capons are boyled, and a Ladleful of the Gravy of Mutton, ſo cover your Diſh, and let it ſtand till you diſh up your Capons if need require, add now and then a Ladleful of Broth and Gravy, leſt the bread grow dry, when you are ready to ſerve it, firſt lay in the Marrow-bone, then the Capons on each ſide, then fill up your diſh with the Gravy of Mutton, wherein you muſt wring the juyce of a Lemon or two, then with a ſpoon take off all the fat that ſwimmeth on

the Pottage, then garnish your Capon with the sweet-breads and some Lemons, and so serve it.

To dress Soals another way.

TAke Soals, fry them half enough, then take Wine seasoned with Salt, grated Ginger, and a little Garlick, let the Wine, and seasoning boyl in a dish, when that boyls and your Soals are half fryed, take the Soals and put them into the Wine, when they are sufficiently stewed upon their backs, lay the two halfs open on the one side and on the other, then lay Anchoves finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the dish, pour some of the clear Liquor which they stew in upon them, and squeeze an Orange in.

A Carp Pye.

TAke Carps, ſcald them, take out the great bones, pound the Carps in a ſtone Mortar, pound ſome of the blood with the fleſh which muſt be at the diſcretion of the Cook, becauſe it muſt not be too ſoft, then lard it with the belly of a very fat Eele, ſeaſon it, and bake it like red Deer and eat it cold. *This is meat for a Pope.*

To boyl Ducks after the French Faſhion.

TAke and lard them and put them upon a ſpit, and half roſt them, then draw them and put them into a Pipkin, and put a quart of Claret-Wine into it, and Cheſnuts, and a pint of great Oyſters, taking the beards from them, and three Onions minced very ſmall, ſome Mace and a little beaten Ginger, a little Thyme ſtripped, a cruſt of a French Rowl grated, put into it to thicken it, and ſo diſh it upon ſops. This may be diverſified, if there be ſtrong broth there need not be ſo much Wine put in, and if there be no Oyſters or Cheſnuts, you may put in Artichoak bottoms, Turnips, Colliflowers, Bacon in thin ſlices, Sweet-breads, *&c.*

To boyl a Gooſe with Sauſages.

TAke your Gooſe and Salt it two or three dayes, then truſs it to boyl; cut Lard as big as the top of your finger, as much as will Lard the fleſh of the breaſt, ſeaſon your Lard with Pepper, Mace, and Salt; put it a boyling in Beef-broth if you have any, or water, ſeaſon your Liquor with a little Salt, and Pepper groſly beaten, an ounce or two, a bundle of Bay-leaves, Roſemary and Thyme, tyed all together; you muſt have prepared your Cabbage or Sauſages boyled very tender, ſqueeze all the water from them, then put them into a Pipkin, put to them a little ſtrong broth or Claret Wine, an Onion or two; ſeaſon it with Pepper, Salt, and Mace to your taſte; ſix Anchoves diſſolved, put altogether, and let them ſtew a good while on the fire; put a Ladle full of thick Butter, a little Vinegar, when your Gooſe is boyled enough, and your Cabbage on Sippets of bread and the Gooſe on the top of your Cabbage, and ſome on the Cabbage on top of your Gooſe, ſerve it up.

To

To fry Chickens.

TAke five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the gravy of Mutton, Butter and an Onion, six Anchoves, Nutmeg, and Salt to your taste, then put sops in your dish, put fryed parsley on the top of your Chicken being dished, and so serve them.

To make a Battalia Pye.

TAke four tame Pygeons and truss them to bake, and take four Ox-Pallates well boyled and blanched, and cut it in little pieces; take six Lamb-stones and as many good Sweet-breads of Veal cut in halves and parboyled, and twenty Cocks Combs boyled and blanched, and the bottoms of four Artichoaks, and a pint of Oysters parboyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine Paste proportionable to your quantity of meat: put half a pound of Butter upon your meat,

put a little water in the Pye before it be ſet in the Oven, let it ſtand in the Oven an hour and a half, then take it out, pour out the Butter at the top of the Pye, and put it into leer of Gravy, Butter, and Lemons, and ſerve it up.

To make a Chicken Pye.

TAke four or five Chickens, cut them in pieces, take two or three Sweet-breads parboyled, and cut the pieces as big as Walnuts; take the Udder of Veal cut in thin ſlices, or little ſlices of Bacon, the bottom of Artichoaks boyled, then make your Coffin proportionable to your Meat, ſeaſon your Meat with Nutmeg, Mace and Salt, then ſome butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of Butter, Gravy of Mutton, eight Lemons ſliced; ſo ſerve it.

To make a Pye of a Calves Head.

TAke a Calves Head, clean it and waſh it very well; put it a boyling till it be three quarters boyled, then cut off the fleſh from

from the bones, and cut it in pieces as big as Walnuts, blanch the Tongue and cut it in ſlices, take a quart of Oyſters parboyled and bearded, take the yolks of twelve eggs, put ſome thin ſlices of Bacon among the Meat, and on the top of the Meat when it is in the Pye, cut an Onion ſmall and put it in the bottom of your Pye, ſeaſon it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your Meat, what faſhion you pleaſe. Let it bake an hour and an half, put Butter on the bottom and on the top of your Pye before you cloſe it, put a little water in before you put it into the Oven, when you draw it out take off the Lid, and put away all the fat on the top and put in a leer of thick Butter, Gravy of Mutton, a Lemon pared and ſliced, with two or three Anchoves diſſolved. So ſtew theſe together, and cut your lid in handſome pieces, and lay it round the Pye, ſo ſerve it.

To make Cream with Snow.

TAke three pints of Cream, and the whites of ſeven or eight Eggs, and ſtrain them together, a little Roſe-water, and as much Sugar as will ſweeten it, then take

take a ſtick as big as a Childs Arm, cleave one end of it a croſs, and widen your pieces with your finger, beat your Cream with this ſtick, or elſe with a bundle of Reeds tyed together, and rowl between your hands ſtanding upright in your Cream, now as the Snow ariſeth take it up with a ſpoon in a Cullender that the thin may run out, and when you have ſufficient of this Snow, take the Cream that is left and ſeeth it in the skillet, and put thereto whole Cloves, ſticks of Cinnamon, a little Ginger bruiſed, and ſeeth it till it be thick, then ſtrain it, and when it is cold put into your Diſh, and lay your Snow upon it.

To make Minced Pyes.

TAke a large Neats Tongue, ſhred it very well, three pound and a half of Suet very well ſhred, Currans three pound, half an ounce of beaten Cloves and Mace, ſeaſon it with Salt when you think it fit, half a preſerved Orange, or inſtead of it Orange Pills, a quarter of a pound of Sugar, a little Lemon Pill ſliced very thin, put all theſe together very well, put to it two ſpoonfuls of Verjuyce, and a quarter of a Pint of Sack, *&c.* *To*

To dry Neats Tongues.

TAke Bay-Salt beaten very fine, and Salt-Peter of each a like, and rub your Tongues very well with that, and cover all over with it; and as it waſts put on more, and when they are very hard and ſtiff, they are enough, then rowl them in Bran, and dry them before a ſoft fire, and before you boyl them, let them lye one night in Pump-water, and boyl them in the ſame ſort of water.

To make Jelly of Harts-horn.

TAke ſix ounces of Harts-horn, three ounces of Ivory both finely Carped, boyl it in two quarts of water in a Pipkin cloſe covered, and when it is three parts waſted, you may try it with a ſpoon if it will be jelly, you may know by the ſticking to your Lips, then ſtrain it through a jelly bag, ſeaſon it with Roſe-water, juice of Lemons, and double refined Sugar, each according to your taſte, then boyl altogether two or three Walms, ſo put in the glaſs and keep for your uſe.

To make Chickens fat in four or five dayes

TAke a pint of French wheat and a pint of Wheat-Flower, half a pound of Sugar, make it up into a ſtiff Paſte, and rowl it into little rowls, wet them in warm Milk, and ſo Cram them, and they will be fat in four or five dayes, if you pleaſe you may ſow them up behind one or two of the laſt dayes.

To make Angelot.

TAke a gallon of ſtroakings, and a pint of Cream as it comes from the Cow, and put it together with a little Rennet: when you fill turn up the midſt ſide of the Cheeſe-fat, fill them a little at once, and let it ſtand all that day and the next, then turn them, and let them ſtand till they will ſlip out of the fat, ſalt them on both ſides, and when the Coats begin to come on them, for the thicker the Coat is the better.

A Perſian Diſh.

TAke the fleſhy part of a Leg of Mutton ſtript from the fat and ſinews, beat that well in a Morter with Pepper and Salt, and a little Onion or Garlick-water by it ſelf, or with Hearbs according to your taſte, then make it up in flat Cakes, and let them be kept twelve hours between two diſhes before you uſe them, then Fry them with Butter in a frying-pan, and ſerve them with the ſame Butter, and you will find it a diſh of ſavoury Meat.

To roaſt a Shoulder of Mutton in Blood.

WHen your Sheep is killed ſave the blood, and ſpread the Caul all open upon a Table that is wet, that it may not ſtick to it; as ſoon as you have flead your Sheep, cut off a ſhoulder, and having Thyme picked, ſhred and cut ſmall into ſome of your blood, ſtop your ſhoulder with it, inſide and outſide, and into every hole with a ſpoon put ſome of the Blood; after

after you have put in the Thyme, then lay your ſhoulder of Mutton upon the Caul and wrap that about it, then lay it into a Tray, and pour all the reſt of the blood upon it; ſo let it lye all night, if it be Winter, you may let it lye twenty four hours then roſt it.

To roaſt a Leg of Mutton to be eaten cold.

FIrſt take ſo much Lard as you think ſufficient to Lard your Leg of Mutton withal, cut your Lard in groſs long Lardors; ſeaſon the Lard very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and Bay-ſalt beaten fine and dryed, then take Parſley, Thyme, Marjoram, Onion, and the outrind of an Orange, ſhred all theſe very ſmall, and mix them with the Lard, then Lard your Leg of Mutton therewith, if any of the Herbs and Spice remain, put them on the Leg of Mutton, then take a ſilver diſh, lay two ſticks croſs the Diſh to keep the Mutton from ſopping in the Gravy and Fat that goes from it, lay the Leg of Mutton upon the ſticks, and ſet it into an hot Oven there let it roaſt, turn it once but baſt it not at all, when it is enough and very tender,

der, take it forth but ſerve it not till it be throughly cold; when you ſerve it, put in a ſaucer or two of Muſtard and Sugar and two or three Lemons whole in the ſame diſh.

To roaſt Oyſters.

TAke the greateſt Oyſters you can get, and as you open them, put them into a Diſh with their own Liquor, then take them out of the Diſh, and put them into another, and pour the Liquor to them, but be ſure no gravel get amongſt them; then ſet them covered on the fire, and ſcald them a little in their own Liquor, and when they are cold, draw eight or ten Lards through each Oyſter, ſeaſon your Lard firſt with Cloves, Nutmeg beaten very ſmall, Pepper; then take two wooden Lard Spits, and ſpit your Oyſters thereon, then tye them to another ſpit, and roaſt them. In the roaſting baſt them with Anchovy ſauce, made with ſome of the Oyſter Liquor, and let them drip into the ſame diſh where the Anchovy ſauce is; when they be enough, bread them with the cruſt of a rowl grated on them, and when they be brown draw them off, then take

take the Sauce wherewith you basted your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the juyce of a Lemon, so serve it.

To make a Sack-Posset.

TAke a quart of Cream and boyl it very well with Sugar, Mace and Nutmeg, take half a pint of Sack, and as much Ale, and boyl them well together with some Sugar, then put your Cream into your Bason to your Sack, then heat a Pewter dish very hot and cover your Bason with it, and set it by the fire side, and let it stand there two or three hours before you eat it.

Another Sack-Posset.

TAke eight Eggs, yolks and whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them altogether, and put them into your Bason, and set them in the Oven no hotter than for a Custard, let it stand two hours.

To

To make a Sack-Poſſet without Milk or Cream.

TAke eighteen Eggs, whites and all, taking out the Treads, let them be beaten very well, take a pint of Sack and a quart of boyled, and ſcum it, then put in three quarters of a pound of Sugar, and a little Nutmeg, let it boyl a little together, then take it off the fire ſtirring the Eggs, ſtill put into them two or three ladlefuls of drink, then mingle all together and ſet it on the fire, and keep it ſtirring till you find it thick; then ſerve it up.

To make a Stump Pye.

TAke a Leg of Mutton, one pound and an half of the beſt Suet, mince both ſmall together, then ſeaſon it with a quarter of a pound of Sugar, and a ſmall quantity of Salt, and a little Cloves and Mace, then take a good handful of Parſley, half as much Thyme, and mince them very ſmall and mingle them with the reſt; then take ſix new laid Eggs and break them into the meat, and work it well together, and put it into the Paſte; then upon the top put Raiſins, Currans

Currans and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of white-Wine-Vinegar, and ſtrew Sugar upon it, and ſo ſerve it.

To make Mrs. Leeds Cheeſe-Cakes.

TAke ſix quarts of Milk and rennet pretty cold, and when it is tender come, drain from it your Whey in a ſtrainer, then hang it up till all the Whey be dropt from it, then preſs it, change it into dry clothes till it wet the cloth no longer, then beat it in a ſtone Mortar til it be like Butter, then ſtrain it through a thin ſtrainer, mingle it with a pound and a half of Butter with your hands, take one pound of Almonds, and heat them with Roſewater till they are like your curd, then mingle them with the yolks of twenty Eggs and a quart of Cream, two great Nutmegs, one pound and a half of Sugar: when your Coffins are ready and going to ſet in the Oven, then mingle them together: let your Oven be made hot enough for a Pygeon Pye, and let a ſtone ſtand up till the ſcorching be paſt, then ſet them in, half an hour will bake them well, your Coffins muſt be

be made with Milk and Butter as ſtiff as for other paſte, then you muſt ſet them into a pretty hot Oven, and fill them full of Bran, and when they are hardned, take them out and with a Wing, bruſh out the bran, they muſt be pricked.

To make Tarts called Taffaty Tarts.

FIrſt wet your Paſte with Butter and cold Water, and rowl it very thin, alſo then lay them in layes, and between every lay of Apple ſtrew ſome Sugar, and ſome Lemon Pill cut very ſmall, if you pleaſe put ſome Fennel-ſeed to them: then put them into a ſtoak hot Oven, and let them ſtand an hour in or more, then take them out, and take Roſe-water and Butter beaten together, and waſh them over with the ſame, and ſtrew fine Sugar upon them; then put them into the Oven again, let them ſtand a little while and take them out.

To make freſh Cheeſe.

TAke three pints of raw Cream, and ſweeten it well with Sugar, and ſet it over the fire, let it boyl a while, then put in ſome Damask Roſe-water, keep it ſtill ſtirring leſt it burn too, and when you ſee it thickned and turned, take it from the fire, and waſh the ſtrainer and Cheeſe-fat with Roſe-water, then rowl it too and fro in the Strainer to drain the Whey from the Curd, then take up the Curd with a ſpoon and put them into the Fat, let it ſtand till it be cold, then put it into the Cheeſe-Diſh with ſome of the Whey, and ſo ſerve it up.

To make Sugar-Cakes or Jumbals.

TAke two pound of Flower, dry it and ſeaſon it very fine, then take a pound of Loaf-Sugar, and beat it very fine, and ſearſe it, mingle your Flower and Sugar very well, then take a pound and an half of ſweet Butter, and waſh out the Salt, and break it into bits with your Flower and Sugar, then take the yolks of four new laid

laid Eggs, and four or five ſpoonfuls of Sack, and four ſpoonfuls of Cream, beat all theſe together, then put them into your Flower, and knead them to a Paſte, and make them into what faſhion you pleaſe, and lay them upon Paper or Plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

For Jumbals you muſt only add the whites of two or three Eggs.

To baſh a ſhoulder of Mutton.

TAke a Shoulder of Mutton and ſlice it very thin, till you have almoſt nothing but the bone, then put to the meat ſome Claret-Wine, a great Onyon ſome Gravy of Mutton, ſix Anchoves, an handful of Capers, the tops of a little Thyme, mince them very well together, then take nine or ten Eggs, the juyce of one or two Lemons to make it tart, and make leer of them, then put the meat all in a Frying-Pan over the fire till it be very hot; then put in the leer of Eggs, and ſoak altogether over the fire till it be very thick; then boyl your bone, and

and put it on the top of your meat being Diſhed, Garniſh your Diſh with Lemons, ſerve it up.

To dreſs Flounders or Plaice with Garlick and Muſtard.

TAke Flounders very new, and cut off all the Fins and Tayls, then take out the Guts and wipe them very clean, they muſt not be at all waſhed, then with your Knife ſcotch them on both ſides very groſly; then take the tops of Thyme and cut them very ſmall, and take a little Salt, Mace, and Nutmeg; and mingle the Thime and them together, and ſeaſon the Flounders, then lay them on the Grid-iron and baſte them with Oyl or Butter, let not the fire be too hot, when that ſide next the fire is brown, turn it, and when you turn it baſt it on both ſides till you have broyled them brown, when they are enough make your ſauce with Muſtard two or three ſpoonfuls according to diſcretion, ſix Anchoves diſſolved very well, about half a pound of Butter drawn up with Garlick, Vinegar, or bruiſed Garlick in other Vinegar, rub the bottom

tome of your Diſh with Garlick. So put your ſauce to them and ſerve them, you may fry them if you pleaſe.

A Turkiſh Diſh.

TAke fat Beef or Mutton cut in thin ſlices, waſh it well put it into a pot that hath a cloſe cover, then put into it a good quantity of clean pickt Rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onions, let all this boyl very well, then take out the Onion and Diſh it in Sippets, the thicker it is the better.

To dreſs a Pike.

CUT him in pieces, and ſtrew upon him Salt and ſcalding Vinegar, boyl him in water and white-Wine, when he is boyling, put in ſweet hearbs, Onion, Garlick, Ginger, Nutmeg, and Salt; when he is boyled take him out of the Liquor, and let him drain, in the mean time beat Butter and Anchoves together, and pour it on the Fiſh, ſqueezing a little Orange and Lemon upon it

To dreſs Oyſters.

TAke Oyſters and open them, and ſave the Liquor, and when you have opened ſo many as you pleaſe, add to this Liquor ſome white-Wine, wherein you muſt waſh your Oyſters one by one very clean, and lay them in another Diſh; then ſtrain to them that mixed Wine and Liquor wherein they were waſhed, adding a little more Wine to them with an Onion divided with ſome Salt and Pepper, ſo done, cover the Diſh and ſtew them till they be more than half done; then take them and the Liquor, and pour it into a Frying-pan, wherein they muſt fry a pretty while, then put into them a good piece of ſweet Butter, and fry them therein ſo much longer; in the mean time you muſt have beaten the yolks of ſome Eggs, as four or five to a quart of Oyſters; theſe Eggs muſt be beaten with ſome Vinegar, wherein you muſt put ſome minced Parſley and Nutmeg finely ſcraped, and put therein the Oyſters in the Pan, which muſt ſtill be kept ſtirring, leſt the Liquor make the Eggs curdle, let this all have a good walm on the fire, and ſerve it up.

To dreſs Flounders.

FLea off the black skin, and ſcour the Fiſh over on that ſide with a Knife, lay them in a diſh, and pour on them ſome Vinegar, and ſtrew good ſtore of Salt, let them lye for half an hour; in the mean time ſet on the fire ſome water with a little white-Wine, Garlick and ſweet hearbs, as you pleaſe, putting into it the Vinegar and Salt wherein they lay, when it boyls put in the biggeſt fiſh, then the next till all be in; when they are boyled take them out and drain them very well, then draw ſome ſweet Butter thick, and mince with it ſome Anchoves ſhred ſmall, which being diſſolved in the Butter, pour it on the Fiſh, ſtrewing a little ſliced Nutmeg, and minced Oranges and Barberries.

To dreſs Snails.

TAke Snails and put them in a Kettle of water and let them boyl a little, then take them out, and ſhake them out of the ſhells into a Baſon; then take ſome Salt and ſcour them very well, and waſh them in warm water untill you find the ſlime clean gone from them; then put them into a Cullender and let them drain well, then mince ſome ſweet hearbs, and put them into a Diſh with a little Pepper and Sallet-Oyl together, then let them ſtand an hour or two; then waſh the ſhells very well and dry them and put into every ſhell a Snail, and fill up the ſhell with Sallet-Oyl and hearbs, then ſet them on a Grid-Iron upon a ſoft fire and ſo let them ſtew a little while, and diſh them up warm and ſerve them up.

To dreſs Pickle Fiſh.

WAſh them well while they are in the ſhell in ſalt water, put them into a kettle over the fire without water; and ſtir them till they are open, then take them out of their ſhell, and waſh them in hot water and ſalt

ſalt, then take ſome of their own Liquor that they have made in the Kettle, a little white-Wine, Butter, Vinegar, Spice, Parſley; let all theſe boyl together, and when it is boyled, take the yolk of three or four Eggs and put into the Broth. Scollops may be dreſſed on this manner, or broyled like Oyſters with Oyl, or juyce of Lemons.

To Fricate Beef Pallates.

TAke Beef Pallates, after they be boyled very tender, blanch and pare them clean, ſeaſon them with fine beaten Cloves, Nutmeg, Pepper, Salt, and ſome grated bread; then have ſome Butter in a Frying pan, put your Pallates therein and ſo fricate them till they be brown on both ſides, then take them forth and put on a diſh, and put thereto ſome Gravy of Mutton wherein two or three Anchoves are diſſolved, grate in your ſauce a little Nutmeg, wring in the juyce of a Lemon, ſo ſerve them.

A Spaniſh Olio.

TAke a piece of Bacon not very fat, but ſweet and ſafe from being ruſty, a piece of freſh Beef, a couple of Hogs ears, and four Feet if they can be had, and if not ſome quantity of Sheeps feet, (Calves Feet are not proper) a Joynt of Mutton, the Leg, Rack or Loyn, a Hen, half a dozen Pygeons, a bundle of Parſley, Leeks & Mint, a Clove of Garlick when you will, a ſmall quantity of Pepper, Cloves and Saffron, ſo mingled that not one of them over-rule, the Pepper and Cloves muſt be beaten as fine as poſſible may be, and the Saffron muſt be firſt dryed, and then crumbled in Powder, and diſſolved a part in two or thee ſpoonfuls of Broth, but both the Spices and the Saffron may be kept a part till immediately before they be uſed, which muſt not be till within a quarter of an hour before the Olio be taken off from the fire; a pottle of hard dry Peaſe, when they have firſt ſteept in water ſome dayes, a pint of boyled Cheſnuts: Particular care muſt be had that the Pot wherein the Olio is made, be very ſweet: Earthen I think is the beſt, and judgment is to be had carefully both in the ſize of the Pot, and in the quan

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tity of the water at the firſt, that ſo the broth may grow afterwards to be neither too much nor too little, nor too groſs nor too thin; thy meat muſt be long in boyling, but the fire not too fierce, the Bacon, the Beef, the Peaſe, the Cheſnuts, the Hogs Ears may be put in at the firſt. I am utterly againſt thoſe confuſed Olios, into which men put almoſt all kinds of meats and roots, and eſpecially againſt putting of Oyl, for it corrupts the broth inſtead of adding goodneſs to it. To do well, the Broth is rather to be drank out of a Porringer, than to be eaten with a ſpoon, though you add ſome ſmall ſlices of bread to it, you will like it the worſe. The ſauce for thy meat muſt be as much fine Sugar beaten ſmall to powder, with a little Muſtard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and juſt according to this Preſcript, but ſhall neither put Mace or Roſe-mary, or Thyme, to the hearbs, as the manner is of ſome, it will prove very much the worſe.

To make Methegling.

TAke all ſorts of Hearbs that are good and wholſom, as Balm, Mint, Fennel, Roſe-mary, Angelica, wild Thyme, Hyſop, Burnet. Agrimony, and ſuch other as you think fit; ſome field hearbs; but you muſt not put in too many, but eſpecially Roſemary or any ſtrong hearbs, leſs than half a handful will ſerve of every ſort, you muſt boyl your hearbs and ſtrain them, and let the Liquor ſtand till to morrow, and ſettle them, take of the cleareſt Liquor two gallons and a half to one gallon of Honey, and that proportion as much as you will make, and let it boyl an hour, and in the boyling skim it very clean, then ſet it a cooling as you do Beer, when it is cold, take ſome very good Ale Barm and put into the bottom of the tub a little and a little, as they do Beer, keeping back the thick ſetling that lieth in the bottom of the veſſel, that it is cooled in, and when it is all put together, cover it with a cloth, and let it work very near three dayes, and when you mean to put it up, skim off the Barm clean, put it up into the Veſſel, but you muſt not ſtop your Veſſel very cloſe in three or four dayes, but let it have all the

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vent, for it will work, and when it is close stopped, you must look very often to it, and have a peg in the top to give it vent when you hear it make a noise, as it will do, or else it will break the Vessel; sometimes I make a bag, and put in good store of Ginger sliced, some Cloves and Cinnamon, and boyl it in, and other times I put it into the Barrel and never boyl it, it is both good, but Nutmeg and Mace do not well to my taste.

To make a Sallet of Smelts.

TAke half an hundred of Smelts, the biggest you can get, draw them and cut off their heads, put them into a Pipkin with a pint of white-Wine, and a pint of white-Wine-Vinegar, an Onion shread, a couple of Lemons, a Race of Ginger, three or four blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four days, let not your Pickle be too strong of the Vinegar, when you will serve them, take them out one by one, scrape and open them as you do Anchoves, but throw away the bones, lay them close one by one round a Silver dish,

you muſt have the very utmoſt rind of a Lemon or Orange ſo ſmall as grated bread, and the Parſley, then mix your Lemon pill Orange and Parſley together with a little fine beaten Pepper, and ſtrew this upon the diſh of Smelts with the meat of a Lemon minced very ſmall, alſo then pour on excellent Sallad-Oyl, and wring in the juyce of two Lemons but be ſure none of the Lemon-ſeed be left in the Sallad, ſo ſerve it.

To roaſt a Phillet of Beef.

TAke a Phillet of Beef, which is the tendereſt part of the Beaſt, and lyeth only in the inner part of the Surloyn next to the Chine, cut it as big as you can, then broach it on a Broach not too big, and be carefull you broach it not thorow the beſt of the meat, roſte it leiſurely and baſt it with ſweet Butter: ſet a diſh under it to ſave the Gravy while the Beef is roaſting, prepare the Sauce for it; chop good ſtore of the Parſley with a few ſweet hearbs ſhread ſmall, and the yolks of three or four Eggs, and mince among them the Pill of an Orange, and a little Onion, then boyl this mixture, put-

putting into it ſweet Butter, Vinegar and Gravie, a ſpoonful of ſtrong broth, when it is well boyled, put into it your Beef, and ſerve it very warm, ſometimes a little groſs Pepper or Ginger into your Sauce, or a Peel of an Orange or Lemon.

To make a Sallet of a cold Hen or Capon.

TAke the breaſt of an Hen or Capon, and ſlice it as thin as you can in ſteaks, put therein Vinegar and a little Sugar, as you think fit; then take ſix Anchoves, and a handful of Capers, a little Long, groſs or a Carrigon, and mince them together, but not too ſmall, ſtrew it on the Sallet, garniſh them with Lemons, Oranges or Barberries, ſo ſerve it up with a little Salt.

To ſtew Muſhrooms.

TAke them freſh gathered and cut off the hard end of the ſtalk, and as you pill them throw them into a diſh of white-Wine, after they have lain half an hour or thereabouts, drain them from the Wine, and put

put them between two Silver Diſhes, then ſet them on a ſoft fire without any liquor, and when they have ſtewed a while, pour away the liquor that comes from them which will be very black, then put your Muſh-rooms into another clean Diſh with a ſprig or two of Thyme, an Onion whole, four or five corns of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of ſweet Butter and ſome pure Gravy of Mutton, cover them, and ſet them on a gentle fire, ſo let them ſtew ſoftly til they be enough, and very tender, when you diſh them, blow off all the fat from them, and take out the Thyme, Spice and Orange, then wring in the juyce of a Lemon, and grate a little Nutmeg among the Muſhromes, toſs them two or three times, put them in a clean diſh, and ſerve them hot to the Table.

The Lord Conway, *his Lorſhips Receipts for the making of Amber Puddings.*

FIrſt take the Guts of a young Hog, and waſh them very clean, and then take two pound of the beſt Hogs fat, and a pound and an half of the beſt Jordan Almonds, the which being blanched, take one half of them and beat them very ſmall, and the other half reſerve whole unbeaten, then take a pound and a half of fine Sugar, and four white loves, and grate the Loves over the former Compoſition, and mingle them well together in a Baſon, having ſo done, put to it half an ounce of Ambergreece, the which muſt be ſcaped very ſmall over the ſaid Compoſition, take half a quarter of an ounce of Levant Musk, and bruiſe it in a Marble Mortar, with a quarter of a pint of Orange flower-water, then mingle theſe all very well together, and having ſo done, fill the ſaid Guts therewith. This Receipt was given his Lordſhip by an *Italian* for a great Rarity, and has been found ſo to be by thoſe Ladies of Honour, to whom his Lordſhip has imparted the ſaid Reception.

To

To make a Partridge Tart.

TAke the fleſh of four or five Partridges minced very ſmall, with the ſame weight of Beef-Marrow as you have Partridge fleſh, with two ounces of Orangadoes and green Citron minced together as ſmall as your meat, ſeaſon it with Cloves and Mace and Nutmeg, and a little Salt and Sugar, mix all together, and bake it in Puff-Paſte; when it is baked open it, and put in half a Grain of Muſk or Amber brayed in a Morter or Diſh, and with a ſpoonful of Roſe-watar, and the juyce of three or four Oranges, when you put all theſe therein, ſtir the meat and cover it again, and ſerve it to the Table.

To keep Veniſon all the year.

TAke the Haunch and parboyl it a while, then ſeaſon it with two Nutmegs, a ſpoonful of Pepper, and a good quantity of Salt, mingle them all together, then put two ſpoonfuls of white-Wine-Vinegar, and having made the Veniſon full of holes, as you do when you Lard it, when it is Larded, put in the Veniſon

ſon at the holes the Spice and Vinegar, and ſeaſon it therewith, then put part into the Pot with the fat ſide downwards, cover it with two pound of Butter, then cloſe it up cloſe with courſe Paſte, when you take it out of the Oven take away the Paſte, and lay a round Trencher with a weight on the top of it to keep it down, till it be cold, then take off the Trencher, and lay the Butter flat upon the Veniſon, then cover it cloſe with ſtrong white Pepper, if your pot be narrow at the bottom it is better, for it muſt be turned upon a plate and ſtuck with Bay leaves when you pleaſe to eat it.

To bake Brawn.

TAke two Buttocks and hang them up two or three dayes, then take them down and dip them into hot water, and pluck off the skin, dry them very well with a clean Cloth, when you have ſo done, take Lard, cut it in pieces as big as your little finger, and ſeaſon it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-Wine, a pound of Mutton Suet. So cloſe it with Paſte, let

let the Oven be well heated, and ſo bake them, you muſt give them time for the baking according to the bigneſs of the Haunches and the thickneſs of the Pots, they commonly allot ſeven hours for the baking of them; let them ſtand three days, then take off their Covers, and pour away all the liquor, then have clarified Butter, and fill up both the pots to keep it for the uſe, it will very well keep two or three Months.

To roaſt a Pike.

TAke a Pike, ſcour off the ſlime, take out the entrails, Lard it with the backs of Pickled Herrings, you muſt have a ſharp Bodkin to make the holes, no larding-pins will go thorow, then take ſome great Oyſters, Claret-Wine, ſeaſon it with Pepper, Salt and Nutmeg, ſtuff the belly of the Pike with theſe Oyſters, intermix with them Roſemary, Thyme, Winterſavory, ſweet Marjoram, a little Onion and Garlick, ſew theſe in the belly of the Pike, prepare two ſticks about the breadth of a Lath, theſe two ſticks and the Spit muſt be as broad as the Pike being tied on the Spit, tye the Pike on, winding Pack-tread about the Pike

Pike along, but there muſt be tyed by the Pack-thread all along the ſide of the Pike which is not defended by the Spit, and the Lathes, Roſemary and Bayes, baſte the Pike with Butter and Claret Wine, with ſome Anchoves diſſolved in it, when it is waſted, rip up the belly of the Pike and the Oyſters will be the ſame, but the herbs which are whole muſt be taken out.

To ſauce Eels.

TAke two or three great Eels, rub them in Salt, draw out the guts, waſh them very clean, cut them athwart on both ſides a ſound depth, and cut them again croſs way, then cut them thorow in ſuch pieces as you think fit, and put them into a diſh with a pint of Wine-Vinegar, and an handful of Salt, have a Kettle over the fire with fair water, and a bundle of ſweet hearbs, two or three great Onions, ſome Mace, a few Cloves, you muſt let theſe lye in Wine-Vinegar and Salt, and put them into boyling Liquor, there let them boyl according to Cookery, when enough, take out the Eels, and drain them from the Liquor, when they are cold take a pint

pint of white-Wine, boyl it up with Saffron to colour the Wine, then take out some of the liquor or put it in an earthen pan, take out the Onyons and all the hearbs, only let the Cloves and Mace remain, you must beat the Saffron to Powder or else it will not colour.

To make Sausages without skins.

TAke a Leg of young Pork, two pound of Beef-suet, two handfuls of Sage, two loaves of white Bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stone Mortar, the rest cut very small, be sure to cut out all Grisles and Lenets in the Pork, when you have mixed these all together, knead them into a stiff Paste with the yolks of two or three Eggs, so rowl them into Sausages.

To dress a Pike.

TAke a Male Pike, rub his skin off whilst he lives with Bay-Salt; having well cleared the out side, lay him in a large Dish or tray, open him so as you break not his gall, cut him according to the size of the fish in two

wo or three pieces, from the head to the ail muſt be ſlit, this done, they are to be laid s flat as you can in a great Diſh or Tray, our upon it half a pint of white-Wine-Vi-egar, more or leſs, according to the ſize f the fiſh, then ſtrew upon the inſide of the iſh white Salt plentifully, Bay Salt beaten ery ſmall is better, whilſt this is a doing, let skillet with a ſufficient quantity of Rhen-iſh Wine, or good white-Wine, be put ver the fire, with the Wine, Salt, Ginger, Nutmeg, an Onion, four or five Cloves of Garlick, a bunch of ſweet hearbs, *viz.* Sweet-Marjoram, Roſemary, Pill of half a Lemon, et theſe boyl to the height, put in the Pike ith the Vinegar, in ſuch manner as not to uench or allay, if Poſſible, the heat of the iquor, put the thickeſt piece firſt, that ill ask moſt boyling, and the Vinegar laſt f all; while the Pike boyls take half a ound of Anchoves, one quarter of ery good Butter, a Saucer of the Liquor our Pike was boyled in, diſſolved Ancho-es. Note that the Liquor, Sauce, the Spice nd the other ingredients muſt follow the roportion of the Pike; if your ſauce be o ſtrong of the Anchoves add more fair ater to it. Note alſo, the Liquor where-this Pike was dreſſed, is better to boyl a

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ſecond Pike therein, than it was at the firſt.

To dreſs Eels.

CUT two or three Eeels into pieces of a convenient length, ſet them endways in a pot of earth, put in a ſpoonful or two of water, and to them put ſome Herbs and Sage chopt ſmall, ſome Garlick, Pepper and Salt, ſo let them be baked in an Oven.

To boyl a Pudding after the French Faſhion.

TAke a Turkey that is very fat, and being pulled and dreſt, Lard him with long pieces of Lard, firſt wholed in ſeaſoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the ſeaſoning, put it into the belly with a ſprig of Roſemary and Bayes, ſew it very cloſe in a clean Cloth, and let it lye all night covered with white-Wine, let it be put into a pot with the ſame Liquor and no more, let it be cloſe ſtopped, then hang it over a very ſoft and gentle fire, there to continue ſix hours in a ſimpering boyl, when it is cold take

ake it out of the Cloth, not before, put t on a Pye-plate, and ſtick it full of Roſe-nary and Bayes, ſo ſerve it up with Muſtard nd Sugar, they are wont to lay it on a Napkin folded ſquare, and lay it Corner-viſe.

To make a Fricake.

TAke three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two r three Onions and a bunch of Parſley, and hen it hath ſtewed a little, put in ſome alt and Pepper, and a pint of white-Wine, o let them ſtew till they be enough, then ake ſome Verjuyce and Nutmegs, and hree or four yolks of Eggs, beat them well ogether, and when you take off the Chick-ns, put them into a Frying-pan altogether ith ſome Butter, ſcald it well over the fire nd ſerve it in.

To make a Diſh called Olives.

TAke a Fillet of Veal, and fleſh from the bones, and the fat and skin from either, cut it into very thin ſlices, beat them with the back of your Knife, lay them abroad on a diſh, ſeaſon them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-ſuet very ſmall, and ſtrew upon the top of the meat, then take a good handful of herbs, as Parſley, Thyme, Winter-ſavory, Sorrel and Spinnage, chop them very ſmall, and ſtrew over it four Eggs with the whites, mingle theſe all well together with your hands, then roul it up piece by piece, put it upon the Spit, roaſting it an hour and half, and if it grow dry baſte it with a little ſweet Butter, the ſauce is Verjuyce or Claret Wine with the Gravy of the Meat and Sugar, take a whole Onion and ſtew it on a Chafindiſh of Coals, and when it taſts of the Onion, pour the Liquor from it on the meat, ſetting it a while on the Coals, and ſerve it in.

To make an Olive Pye.

THis you may take in a Pye, putting Raiſins of the Sun ſtoned and ſome Curns in every Olive, firſt ſtrewing upon the eat the whites and yolks of two boyled ggs ſhred very ſmall, make your Olives ound, and put them into Puff-Paſte, when is half baked put in a good quantity of erjuyce or Claret Wine ſweetned with Suar, putting it in again till it be thorow aked.

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he Counteſs of Rutlands *Receipt for making the rare* Banbury *Cake, which was ſo much praiſed at her Daughters (the Right Honourable the Lady* Chaworths*) Wedding.*

Imprimis.

TAke a peck of fine flower, and half an ounce of large Mace, half an ounce of lutmegs, and half an ounce of Cinnamon, our Cinnamon and Nutmegs muſt be ſifted rough a Searce, two pounds of Butter, alf a ſcore of Eggs, put out four of the whites

whites of them ſomething above a pint of good Ale-yeaſt, beat your Eggs very well and ſtrain them with your Yeaſt, and a little warm water into your Flower, and ſtir them together, then put your Butter cold in little Lumps: The water you knead withall muſt be ſcalding-hot, if you will make it good Paſte, the which having done, lay the Paſte to riſe in a warm Cloth, a quarter of an hour or thereupon; then put in ten pounds of Currans, and a little Muſk and Ambergreece diſſolved in Roſewater, your Currans muſt be made very dry, or elſe they will make your Cake heavy, ſtrew as much Sugar finely beaten amongſt the Currans as you ſhall think the water hath taken away the ſweetneſs from them; break your Paſte into little pieces, into a Kimnel or ſuch like thing, and lay a Layer of Paſte broken into little pieces, and a Layer of Currans, untill your Currans are all put in, mingle the Paſte and the Currans very well, but take heed of breaking the Currans, you muſt take out a piece of Paſte after it hath riſen in a warm Cloth before you put in the Currans to cover the top, and the bottom, you muſt roul the Cover ſomething thin, and the bottom likewiſe, and wet it with Roſe-water, and cloſe them at the

e bottom of the ſide, or the middle which
u like beſt, prick the top and the ſides
ith a ſmall long pin, when your Cake is
ady to go into the Oven, cut it in the midſt
the ſight round about with a Knife an
ch deep, if your Cake be of a peck of
eal, it muſt ſtand two hours in the Oven,
ur Oven muſt be as hot as for Manchet.

An excellent Syllabub.

ILL your Syllabub-pot with Syder (for
that is the beſt for a Syllabub) and good
re of Sugar and a little Nutmeg; ſtir it
ll together, put in as much thick cream by
o or three ſpoonfuls at a time, as hard as
u can, as though you milk it in, then ſtir
ogether exceeding ſoftly once about, and
it ſtand two hours at leaſt ere it is eaten,
the ſtanding makes the Curd.

To Sauce a Pig.

TAke a fair large Pig and cut off his head, then ſlit him through the midſt, then take out his bones, then lay him in warm water one night, then Coller him up like Brawn, then boyl him tender in fair water, and when he is boyled put him in an earthen pot or pan in water and Salt, for that will make him white and ſeaſon the fleſh, for you muſt not put Salt in the boyling, for that will make it black, then take a quart of the ſame broth, and a quart of white-Wine, boyl them together to make ſome drink for it, put into it two or three Bay-leaves, when it is cold unclothe the Pig, and put it into the ſame drink, and it will continue a quarter of a year. It is a neceſſary Diſh in any Gentlemans houſe; when you ſerve it in, ſerve it with green Fennel, as you do Sturgeon with Vinegar in Saucers.

To make a Virginia Trout.

TAke Pickled Herrings, cut off their Heads, and lay the Bodies two dayes and nights in water, then waſh them well, then

then ſeaſon them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders, then lay them cloſe in a Pot with a little Onion ſtrewed ſmall upon them, and caſt between every Layer; when you have thus done, put in a pint of Claret-Wine to them and cover them with a double paper tied on the Pot, and ſet them in the Oven with houſhold bread. They are to be eaten cold.

To make a fat Lamb of a Pig.

TAke a fat Pig, and ſcald him, and cut off his head, ſlit him and truſs him up like a Lamb, then being ſlit through the middle, and flawed, then parboyl him a little while, then draw him with Parſley, as you do a Lamb, then roaſt it and dridge it, and ſerve it up with Butter, Pepper and Sugar.

To make Rice Pancakes.

TAke a pound of Rice and boyl it in three quarts of water till it be very tender, then put it into a pot covered cloſe, and that will make a Jelly, then take a quart of Cream or new Milk, put it ſcalding hot to

the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, ſtir all theſe well together, put as much flower to them as will make them hold frying, they muſt be fryed with Buttter they muſt be made over night, beſt.

Mrs. Dukes *Cake.*

TAke a quarter of a peck of the fineſt flower, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, pour on the flower a little Ale-yeaſt, a quarter of a pint of Roſe-water, with ſome musk, and Ambergreece diſſolved in it, ſeaſon all with a pennyworth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and a half, Raiſins of the Sun ſtoned and ſhred ſmall one pound, Almonds blanched and beaten half a pound, beat them with Roſe-water to keep them from Oyling: Sugar beaten very ſmall half a pound; firſt mingle them, knead all theſe together, then let them lye a full hour in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor ſhut up the mouth of it too cloſe, but ſtir the Cake now and then that

that it bake all alike, let it not ſtand a full hour in the Oven. Againſt you draw it have ſome Roſewater and Sugar finely beaten, and well mixed together to waſh the upper ſide of it, then ſet it in the Oven to dry, when you draw it out it will ſhew like Ice.

To make fine Pancakes fryed without Butter or Lard.

TAke a pint of Cream, ſix new laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you pleaſe, as much flower as will thicken them almoſt as thick as for ordinary Pancakes, your pan muſt be clean wiped with a cloth, when it is reaſonably hot, put in your Batter as thick or thin as you pleaſe to fry them.

To Pot Veniſon.

TAke an haunch of Veniſon not hunted, and bone it, then take three ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine-Vinegar, then wet your Veniſon with

with wine-Vinegar, and ſeaſon it, then with a Knife make holes on the lean ſides of the Haunch, and ſtuff it as you would ſtuff Beef with Parſley, then put it into the pot with the fat ſide downward, then clarifie three pound of Butter, and put it thereon, and paſte upon the Pot, and let it ſtand in the Oven five or ſix hours, then take it out and with a vent preſs it down to the bottom of the pot, and let it ſtand till it be cold, then take the Gravy off the top of the Pot and melt it, and boyl it half away and more, then put it in again with the Butter on the top of the Pot.

To make a Marchpane: to Ice him, &c.

TAke two pound of Almonds blanched, and beaten in a ſtone Mortar till they begin to come to a fine Paſte, and take a pound of ſifted Sugar, and put it in the Mortar with the Almonds, and ſo leave it till it come to a perfect Paſt, putting in now and then a ſpoonful of Rolewater to keep them from Oyling: when you have beaten them to a perfect Paſte, cover the Marchpane in a ſheet, as big as a Charger, and ſet an edge about as you do about a Tart, and a bottom of

of Wafers under him; thus bake it in an Oven or baking pan, when you ſee your Marchpane is hard and dry, take it out and Ice it with Roſe-water and Sugar, being made as thick as Batter for Fritters; ſo ſpread it on it with a wing-feather, ſo put it into the Oven again; and when you ſee it riſe high, then take it out and garniſh it with ſome pretty conceits, made part of the ſame ſtuff, ſtick long Comfits upright in him, ſo ſerve it.

To make Jelly the beſt way.

TAke a Leg of Veal and pare away the fat as clean as you can, waſh it throughly, let it lye ſoaking a quarter of an hour or more, provided you firſt break the bones, then take four Calves feet, ſcald off the hair in boyling water, then ſlit them in two, and put them to your Veal, let them boyl over the fire in a braſs pot, with two gallons of water or more, according to the proportion of your Veal, ſcum it very clean and often, ſo let it boyl till it come to three pints or a little more, then ſtrain it through a clean ſtrainer into a Baſon, and ſo let it

ſtand till it be through cold and well jellied, then cut it in pieces with a Knife, and pare the top and the bottom of them, put it into a skillet, take two ounces of Cinnamon broken very ſmall with your hand, three Nutmegs ſliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one ſpoonful of Wine-Vinegar, or Roſe-Vinegar, one pound and three quarters of Sugar, a pint of Rheniſh Wine, white-Wine, and the whites of fifteen Eggs well beaten; put all theſe to the Jelly, then ſet it on the fire, and let it ſeeth two or three walms, ever ſtirring it as it ſeeths, then take a very clean Jelly-bag, waſh the bottom of it in a little Roſe-water, and wring it ſo hard that there remain none behind, put a branch of Roſemary in the bottom of the bag, hang it up before the fire over a Baſon and pour the Jelly-bag into the Baſon, provided in any caſe you ſtir not the bag, then take Jelly in the Baſon and put it into your bag again, let it run the ſecond time, and it will be very much the clearer; ſo you may put into your Gallipots or Glaſſes, which you pleaſe, and ſet them a cooling on Bay Salt, and when it is cold and ſtiff, you may uſe it at your pleaſure, if you will have the Jelly of a red colour, uſe

it

it as before, only inſteadof Rheniſh Wine uſe Claret.

To make Poor Knights.

CUT two penny loaves in round ſlices, dip them in half a pint of Cream, or fair water, then lay them abroad in a diſh, and beat three Eggs and grated Nutmegs and Sugar, beat them with Cream, then melt ſome Butter in a Frying pan, and wet the ſides of the Toſts and lay them in on the wet ſide, then pour in the reſt upon them, and ſo fry them, ſerve them in with Roſe-water, Sugar and Butter.

To make Shrewsberry Cakes.

TAke two pound of Flower dried in the Oven, and weighed after it is dryed, then put to it one pound of Butter that muſt be laid an hour or two in Roſe-water, ſo done, pour the water from the Butter, and put the Butter to the Flower with the yolks and white of five Eggs, two races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your Spice, and it will be the

the better, knead all theſe together till you may roul the Paſte, then rowl it forth with the top of a Bowl, then prick them with a pin made of Wood, or if you have a Comb that hath not been uſed, that will do them quickly, and is beſt to that purpoſe, ſo bake them upon Pye-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come out of the Oven you may cut them without the Bowls of what bigneſs, of what faſhion you pleaſe.

To make Beef like red Deer to be eaten cold.

TAke a Buttock of Beef, cut it the long ways with the grain, beat it well with a Rowling-pin, then broil it upon the coals, a little after it is cold draw it through with Lard, then lay in ſome white-wine-vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Ry-paſte, and when it is cold fill it up with Butter, after a fortnight it will be fit to eat.

To make Puffs.

TAke a pint of Cheeſe-curds and drein them dry, bruiſe them ſmall with the hand, put in two handfuls of flower, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle theſe together, and make them little, like eyes, fry them in freſh butter, ſerve them up with freſh butter and Sugar.

To make a haſh of Chickens.

TAke ſix Chickens, quarter them, cover them almoſt with water, and ſeaſon them with Pepper and Salt, and a good handful of minced Parſley, and a little white-Wine, when they are boyled enough, put ſix Eggs, only the yolks, put to them a little Nutmeg and Vinegar, give them a little walm or two with the Chickens, pour them together into a diſh and ſerve them in, when you put on the Eggs, and a good piece of Butter.

To make an Almond Caudle.

TAke three Pints of Ale, boyl it with Cloves, Mace, and ſliced bread in it, then have ready beaten a pound of blanched Almonds ſtamped in a Mortar, with a little white-Wine, then ſtrain them out with a pint of white-Wine, thicken your Ale with it, ſweeten it as you pleaſe, and be ſure you skim the Ale when it boyls.

To make ſcalding Cheeſe toward the latter end of May.

TAke your Evening Milk and put it into bouls or earthen pans, then in the Morning fleet off the Cream in a boul by it ſelf put the fleet Milk into a Tub with the Morning Milk, then put in the nights Cream and ſtir it together, and heat the Milk, and put in the Rennet; as for ordinary new Milk Cheeſe, it is to be made thick: when the Cheeſe is come, gather the Curd into the Cheeſe-cloth, and ſet the Whey on the fire till it be ſeething hot: put the Cheeſe in a Cloth into a Keiler that hath a waſte in the bottom, and pour in the hot Whey, then let

let out that and put in more till your Curd feel hard, then break the Curd with your hands as ſmall as you can, and put an handful of Salt to it, then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheeſe is ſalted every day, and turn it as long as any will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it muſt be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in Hay a while, or lay them cloſe one to another; I ſeldom lay any in Hay, I turn and rub them with a rotten cloth, eſpecially when they are old, once a week leſt they rot.

To Pickle Purſlane.

TAke Purſlane ſtalks and all, boyl them tender in fair water, then lay them drying upon Linnen cloths, then being dryed, put them into the Gally-pots, and cover them with Wine-Vinegar mixed with Salt, and not make the pickle ſo ſtrong as for Cucumbers.

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